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free

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SEVEN DAYS

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health & fitness issue

why vermont's mentally ill are falling through the cracks p 8 • get your rocks on with a new kind of massage p 10 • anatomically correct' dissecting a medical lecture series p 14 • words to the weird why nuts live longer p 18

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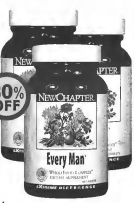

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A.A.N.

VERIFIED AUDIT CIRCULATION

COVER PHOTO: MATTHEW THORSEN
COVER DESIGN: TARA VAUGHAN-HUGHES

SEVEN DAYS.
All muscle.

PHOTO: MATTHEW THORSEN

If you want to pretend this is some elaborate variation on an electric heating pad, or Mom tucking you into bed, go for it.

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?
question

What's your favorite folk remedy?

The hot toddy.
— Glenn Lower
Manager, Middlebury Natural Foods Co-op

Pickled garlic for colds and flu.
— Laura Brown
Owner,
Purple Shutter Herbs
Burlington

Orange juice!
— Robin Cote
Sales assistant,
Knightes' Pharmacy
St. Albans

The aloe plant on my windowsill works great for bug bites and burns.
— Melissa Green
Operations manager,
Frog Hollow Craft Center
Middlebury

Echinacea for warding off colds and flu — so far I've been lucky keeping them away.
— Sue Scribner
Store manager,
Mesa International
Waterbury

Two glasses of wine with dinner every night.
— Liz Markowski
Owner,
Everywear for Everybody
Vergennes

?Question is a weekly random question addressed to sort of random people. Don't look so smug — you could be next.

WEEKLY MAIL

REFRESHING HONKY

Kudos to David Budbill for his Crank Call, "Hiding Out in Honky Heaven" [Dec. 15]. I found the piece self revelatory, funny and most of all, very, very serious. That was an incredible combination. It is so refreshing to hear a 30-year resident of this beautiful state actually see some of the "stuff" that happens "out there" to possible and/or positive change for Vermont.

Many folks take justifiable pride in their beautiful state and the fact that so much has remained the same for so long. Unfortunately, that is exactly what makes it difficult when the reality of racially/ethnically diverse peoples enters the landscape. As painful as it is to hear, without care the good people of Vermont can easily find themselves mirroring some of the worst behavior of folks in other parts of the nation. Mr. Budbill's was a timely alert.

— Will Coleman
Winooski

DON'T HURRY ON DOMESTIC PARTNERSHIP BENEFITS

Vermont Legislators need not rush to give "Domestic Partnership Benefits" to homosexual and other people in a hurry to comply with the Supreme Court's Baker vs. Vermont opinion. I feel it would be prudent for the Legislature to be generous in the time and research they dedicate to consideration of this important matter because it approximates a constitutional amendment in societal impact and scope.

The Court has allowed the Legislature "a reasonable period of time" to address the matter. The Court's definition of reasonable would have to be not less than three years because a constitutional amendment cannot be adopted in any less time. The process requires two biennia, at two years each, plus time enough for all Vermont voters to ratify, which would permit all Vermont voters to speak to the issue and be approved by a majority thereof. See the Vermont Constitution, Chapter II, section 72.

Thoughtful citizens will realize and recall the ongoing difficulties, confusion and acrimony from the rush to legislation mandated by the Supreme Court resulting in Act 60, which increased taxes and decreased educational quality. Proposed "Domestic Partnership Benefits," if adopted would ultimately threaten family values and traditional marriage by discouraging heterosexual couples from marrying, if they were able to receive all the benefits of marriage without making the commitment.

Caution, diligence and due deliberation are indicated for the Legislature by example, as the Court itself took more than a year to decide the case.

— G. Lester Cameron II
South Royalton

TAKE RESPONSIBILITY

In response to the 12/15 and 12/22 ads that ran in *Seven Days* titled "Substance Abusers Wanted," and the "apology" which ran the following week from the B-Side, a few thoughts. First off, shame on you both. *B-Side* clearly does not get it, but *Seven Days* does not appear to either! I am not sure if I am more disgusted with the B-Side's first ad or their lame attempt at an apology for "hurt feelings." Wake up, people! This has nothing to do with hurt feelings. This is about the useless waste of human lives due to substance abuse in this messed-up culture and your *direct role in perpetuating it!* When the damage was done, though, did the B-Side or *Seven Days* own their part? No. The B-Side talked about substance abusers. What a conclusion? Nothing. Their manager runs an ad using their logo. If they do not feel "responsible" for that, then I am confused. Who is? This feels like two national models — Clinton (Sorry I got caught "apology") and O.J. Simpson (It was not me but I sure will find the real killer). So I guess we just mirror the role models that we see and then kids mirror us. I do not need a fish pie to worry about this one! Take responsibility, because you are both responsible! See your role, own it, and make it right. This is what kids *do* need to see!

— Margo Austin
Underhill

SHOW SUPPORT TO UVM

If I may, I'd like to respond to Mr. Peter Freyne's continuing misrepresentations of UVM, our athletic department and the administration's handling of Mr. LaTulippe hazing allegations [Inside Track].

First, I'd like to point out to the readers of *Seven Days* that at this point all they have been exposed to are allegations. Although no one is denying that some inappropriate and unacceptable behavior took place, the results of UVM's investigation into the matter are prevented by federal law from being released and may very well yield different results than those alleged by Mr. Landlippe. Please be clear on this point. The law is designed to protect students, not the university, from harm. The perception that this is the result of some form of university cover-up is false.

Second, I would like everyone to please remember that problems of hazing, much like drinking, drug abuse, violence against women and other problems at universities around the country that stand in the way of our educational missions are not behavioral patterns developed the day someone moves into a first-year dormitory. Generally, such tendencies are developed long before someone gets to university and are a direct result of societal factors. I am not offering this observation as an excuse. I would simply like to offer that if people are really as concerned as they profess to be about this problem, they need not look further than their own backyards and playgrounds for its source. Go forth ... Into the world of high school athletics and ... see the issue in its infancy.

Finally, I would like to ask you all for your support as we struggle with this difficult issue as a community. The University of Vermont is quickly emerging as a leader in the national discourse surrounding hazing. As with any other institution that seeks to maintain a high level of excellence, UVM is constantly in the process of reevaluating its positions, its strengths and its weaknesses. It is a credit to UVM's leadership that this issue has been handled as forthrightly and honestly as it has been.

— Christopher Allen
Speaker, UVM Student Government Association
Burlington

(Editor's note: Allen's letter was received prior to President Ramaley's cancellation of UVM's hockey season.)

Letters Policy
SEVEN DAYS wants your rants and raves, in 250 words or less. Letters are only accepted that respond to content in Seven Days. Include your full name and a daytime phone number and send to: SEVEN DAYS, P.O. Box 1164, Burlington, VT 05402-1164. fax: 865-1015 e-mail: sevenday@together.net

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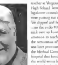
Get the Zamboni — UVM Must Clean Ice!

University of Vermont President **Judith Ramaley's** blockbuster announcement Friday night canceling the remainder of the mens ice hockey season — four months after hazing allegations were presented to UVM officials — was proof positive of the university's commitment to protecting incompetent administrators at the expense of student dignity and safety.

Should heads roll?

Hockey Coach **Mike Gilligan**. This isn't about his 16 years of faithful, talented service behind the bench — this is about the fact that he no longer has any credibility with his players, either as a coach or as an educator.

Gilligan says he twice personally warned the team about hazing. And twice the team completely disregarded his warning. They simply did not take him seriously.



Inside Track

BY PETER FREYNE

How does a coaching staff get so out of touch with the players? Gilligan and his assistant coaches apparently knew as much about the hockey team's wild, outrageous, illegal behavior at the Sisters of Mercy — absolutely nothing! Hello? Anybody home?

Yes, the students are responsible for their actions. They have been punished. And some will be punished further, no doubt, by Vermont's criminal justice system. Further sanctions will likely be brought by UVM from the few hockey pucks that stick around to the post Elephant Walk Era. Under UVM's student code of conduct, lying during a university investigation means expulsion. Some will likely have to return to face criminal charges for furnishing alcohol to minors, and perhaps even lewd and lascivious conduct, a felony.

But the fact remains, what Coach Gilligan told "the lads" went in one ear and out the other. The players' disrespect for the coach is obvious. Gilligan must go, not next year or in a couple years, but right now.

Athletic Director **Rick Farnham**. Mr. Farnham is Gilligan's boss. It was Farnham who had the responsibility for investigating the hazing allegations raised by former freshman goalie Corey **LaTulippe**. Farnham issued a memo to athletic department staff, coaches and student athletes declaring a "zero-based tolerance" policy on hazing.

But when asked to define "zero tolerance" at a press conference two weeks ago, Farnham stumbled badly. He talked the talk on hazing, but didn't walk the walk.

Farnham was responsible for the first investigation of hazing on the hockey team. An investigation is supposed to ascertain the truth. Farnham's investigation failed miserably. He was unable to get the pucks to tell the truth. Farnham could have put the genie back in the bottle in September before LaTulippe filed his lawsuit. He didn't. He blew it.

Farnham must go!

Vice-President for Student Affairs **Dean Batt**. Administrator Batt made the crucial decision not to apply the UVM student judicial code to the outrageous conduct of the hockey pucks. He claims it was because the hazing activities occurred off-campus.

That was an absolute cop-out and an attempt to cover up the scandal and diminish its serious nature.

To suggest that the violations of the UVM Hazing Policy occurred on one night at an off-campus apartment is ludicrous. As the referee in the chain of command, he made a big time wrong call at a critical moment in this game.

Vice President Dean Batt must go!

President **Judith Ramaley**. Vermont's state university needs a president who sets an effective leadership tone. Unfortunately, the current president needs to be educated in the area of hazing. When the head of the UVM police force inquired of the administration about reports of the hockey hazing, the administration gave him the brush-off. That is inexcusable.

President Ramaley must go!

Nobody died this year on the mens hockey team from hazing. But around the country students have been dying. Just a few years ago, it happened at UVM.

In November 1992, a UVM fraternity led its freshman pledges down to Rock Point one November night. They built a bonfire and they got drunk. One, **Jonathan McNamara**, didn't make it back to school that night.

As his father, **Robert McNamara**, a former teacher at Vergennes Union High School, later put it to a legislative committee: "They were putting out the bonfire. Jon slipped and fell off the cliff onto the rocks 80 feet below. It took over an hour for medical attention to reach him due to the remoteness of the spot. He was later pronounced dead at the Medical Center, the same hospital that brought him into the world wrote his final epitaph on his death certificate. Death caused by extreme trauma to the head and thorax region. The next day the *Free Press* reported that the fraternity said that hazing was not a factor in my son's death."

Was it hazing?

You bet it was, said McNamara. The alcohol abuse, the location. Putting freshmen at such risk on a cliffside on a dark November night? You bet it was hazing, that moronic and sometimes fatal rite of passage that infests student culture.

Does Vermont need a hazing law?

You bet it does. That's because a law, said Mr. McNamara, "lets groups, organizations, clubs and fraternities know that there are certain things that you cannot do to people. It eradicates the notion that hazing is OK and a part of student life."

And a law will let UVM's presidents, vice-presidents, athletic directors and coaches of the future know, too. Because so far, the powers that be at Groovy UV just haven't gotten the message.

Nobody died this year on the UVM men's hockey team. We're lucky, actually. UVM can still prevent the next hazing scandal.

Now it's time for the Zamboni to do a clean sweep of the people in power who've allowed this ugly incident to forever stain the Gutterson ice. Vermont is in the national spotlight now on the issue of hazing. How the UVM trustees handle this will define the message Vermont sends to the nation.

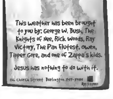
Blame Pollina — Anthony Pollina, a Statehouse regular, walks the hallways on behalf of the Vermont Public Interest Research Group (VPIRG). Dubbed "Cochise" by one wag back in the days of his black shoulder-length hair, Anthony, 46, has certainly been around the Vermont political scene for quite a long time, a persistent and faithful soldier of the Vermont Left.

As you know, the Vermont Left was once synonymous with the Vermont Democratic Party — the party of **Phil Hoff**, **Madeleine Kunin** and **Patrick Leahy**. The party that wore its civil rights and its women's rights and its gay rights and its peace and justice allegiance on its sleeve. But things change.

For the last decade, the Age of Dean, the Left in the party had to share space with the **Howard Dean Democrats**, the so-called Blue Dogs. Landslide Dean quickly led the Vermont Democratic Party to the middle of the road. Yesterday's "big spenders on social programs" are today's "fiscal conservatives." Miracles never cease.

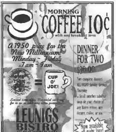
But the miracle didn't happen overnight. A crucial moment occurred 14 years ago that opened the door for the whole Age of Dean to happen. And Anthony Pollina was a key player.

Inside Track continued on page 40


This weather has been brought to you by: George W. Bush, The Knights of Nee, Rick Woods, Ray Victory, The Pan Flutest, Owen, Tipper Gore, and one of Zappa's kids.

Jesus has nothing to do with it.

136 Church Street Burlington 257-7701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nEWs QuiRkS

BY ROLAND SWEET

odd, strange, curious and weird but true news items from every corner of the globe

Holiday Fallout

Pittsburgh police said that a man who didn't want to drag his Christmas tree down six flights of stairs the day after Christmas tossed it out his apartment window instead. The tree hit a power line, knocking out electricity to about 400 homes and businesses for about an hour. "It was amazing," one police supervisor told the *Tribune-Review* newspaper. "Here they are worried about Y2K, and I'm worried about trees falling out of the sky."

Way to Go

David Campbell, 34, died from burns caused by using his lawn mower during a late November snowstorm in London, Ontario. Explaining the gas-powered mower either caught fire or exploded, police Sgt. John O'Flaherty said investigators were uncertain why the man was trying to use his lawn mower on a snow-covered lawn.

Profit Motive

Japan Tobacco, the world's third-largest tobacco company, has bought the rights to lung cancer vaccines being developed in the United States.

Weekend at Bernie's

Two men and a woman tried to register a dead man for pension benefits in East London, South Africa, by propping him up at the window serving elderly claimants and holding out his hand to be fingerprinted. The *South African Press Association* reported the clerk became suspicious even though the three people insisted the man was just very ill, and notified authorities.

Fair Is Fair

After spending six years in a British prison for a murder he did not commit, Eddie Browning, 46, was released and offered $125,000 as compensation for the injustice. A government assessor ordered $9000 deducted from the award to cover the cost of Browning's room and board while he was behind bars.

Wheels of Justice

Police cars in Elizabeth, New Jersey, are in such bad shape that wheels fell off two of them in the same week while they were being driven. In the first incident, the cruiser became airborne and crashed. In the second, the officer driving lost control when the wheel flew off and crashed into a parked car.

• When Spartak Poci, Albania's public order minister, drove to Greece to discuss cross-border crime, Greek police confiscated his car after discovering that it had been reported stolen in Italy.

• A compact car belonging to Brazilian President Fernando Henrique Cardoso was stolen in São Paulo after his driver parked the vehicle on a city street while running an errand.

Sporting News

Prior to a scheduled heavyweight boxing match between Mike Tyson and Britain's Julius Francis, Francis' manager Frank Maloney disclosed that an advertiser had paid $32,000 to have its name emblazoned on the soles of his fighter's shoes. The only way the name will be seen is if Francis, the underdog, is knocked down; the more often, the greater the exposure. "The consensus is that Julius will be beaten," Maloney said, "and that's clearly what the sponsor is hoping for."

• When University of Kansas football player Dion Rayford, 24, received his order at a Taco Bell drive-through window in Lawrence, it was then a chalupa. The 6-foot-3, 270-pound Rayford became irate and tried to climb through the 14-by-46-inch window to confront store employees. The window couldn't support Rayford and broke, causing him to become stuck halfway, according to police Sgt. George Wheeler, who explained, "When you take a big guy and put him through a small space, something's got to give."

Pedestrian Plot

Noting a rash of pedestrian fatalities in the Washington, D.C., area involving immigrants from Central and South America, the *Washington Post* reported the federal highway safety administration awarded $200,000 to Lisbon, a multimedia communications company, to produce two "steamy" Spanish-language videos, or "*telenovelas*," similar to the melodramas that captivate millions of Latin Americans, to distribute nationally and air on Spanish-language networks. "Like true *telenovelas*," the *Post* reported, "they drip with passion and betrayal, jealousy and intrigue, but with the twist that the plot turns on pedestrian accidents."

It's Academic

Harvard University's Center for Russian Studies announced it had acquired 25 million sheets of "previously classified" documents from Communist Party archives, only to be informed that the materials were copies from a $3 million microfilm project undertaken in 1992 by Stanford University's Hoover Institution. Not only that, but Hoover gets a 15 percent royalty on the sale to its academic rival. "Oh, brother," Harvard Russian scholar Marshall I. Goldman, who wrote the press release announcing the so-called scholarly coup, said. "That's embarrassing."

Food Takes the Rap

When Rockport, Massachusetts, police officer Robert Hickey stopped a Cadillac that had crashed into his police cruiser, then fled the scene, the driver, Matthew A. Hauck, 20, explained that he lost control of the car after spilling hot coffee on his lap.

• Truck driver Frank Moss Gentry ran off Interstate 81 near Christiansburg, Virginia, and flipped his rig, according to Trooper Steve Fijalkowski, after he choked on a pork rind.

Keeping Up with the Times

The Washta, Iowa, City Council approved a provision that bans all animals from the town's new community center "except seeing-eye dogs or walking nanny goats." Economic Development Director Joshua Smith explained he added goats because, "I was watching the Discovery Channel and saw a program that said in areas where there is a seeing-eye dog shortage, they use nanny goats to aid the blind. I didn't want to exclude anyone."

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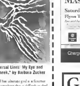
Back Talk

By Paula Routly

WAR OF THE WORDS? Paul Theroux and **V.S. Naipaul** duked it out for years. More recently **Tom Wolfe** and **John Irving** took a turn in the writers ring. But the latest literary feud, according to *Salon* magazine, is between Middlebury author **Jay Parini** and **John Updike**. The online magazine alleges Parini's somewhat stinging December review of a John Updike book was compromised by sour grapes. The story goes like this: Parini had reviewed several Updike works — and not all favorably — before the *New Yorker* asked Updike to review Parini's biography of Robert Frost last winter. Updike praised Parini for "some rare phrases," but faulted him for a "a certain blandness, even lameness, of style." Six months later London's *Times* asked Parini to review Updike's *More Matter: Essays and Criticism*. Parini took the assignment without disclosing his recent frosting by Updike, raising questions about a potential conflict of interest. In the *Times Literary Supplement*, Parini acknowledged Updike as the "prodigal phrase-maker" but added: "with so much intelligence and linguistic richness at his disposal, his concern is largely inconsequential." *Salon* put two and two together and called Parini's London editor to get a reaction. Caught off-guard, **Alan Jenkins** pled ignorance, adding, "I think this is a severe lapse in reviewer integrity, a severe one. I won't be using Jay Parini as a reviewer again." According to Parini, Jenkins will not get the chance. He says his days as a book reviewer are "pretty much" over. "What has this 'review culture' come to when the slightest criticism raises hackles?" says Parini, noting he "bent over backwards" to be generous to Updike in his review. "Updike doesn't give a damn, and I don't give a damn. It was just this little editor at *Salon* looking for a story," he says. As for readers, they should probably be more concerned about glowing reviews rendered suspect not because the writers are enemies, but friends.


"Universal Lines: My Eye and My Cheek," by Barbara Zucker

TIME LINES: Burlington artist **Barbara Zucker** has something to smile about — and the resulting crows' feet are an integral part of it. She is one of 50 women — along with **Yoko Ono**, **Louise Bourgeois**, **Elizabeth Murray** and *New Yorker* cartoonist **Roz Chast** — getting national exposure in a self-portrait show at the DC Moore gallery in New York City. Curated by **Judith Stein**, "The Likeness of Being" makes a powerful statement about the way women see themselves. Zucker definitely got into it, offering a wall sculpture cast from her own wrinkles. Zucker invites viewers to see the lines of age as tributaries, cracks in the ice or other abstract "patterns that belong to the earth." Beautiful, in other words. And her ultimate goal is a feminist one. "I am also trying to give dignity to something that is difficult to deal with." Along with her own aging, Zucker is also commemorating the wrinkles of heroic women such as **Rosa Parks**, **Georgia O'Keeffe**, **Isak Dinesen** and **Golda Meir** in a body of work she calls "Universal Lines."

IN BRIEF: Reviewer **John Strausbaugh** does concede that "having a story collection published these days is in itself an accomplishment." But he goes on to lacerate *Scar Vegas*, and Charlotte author **Tom Paine**, in last week's *New York Press*. Declaring the short story "dead," he goes on to pontificate: "Nobody outside a small circle of amateur Ivy Leaguers who graduated to Yaddo instead of a brokerage or law firm takes it seriously." Paine is pilloried for his literary pedigree, his "dreadful" fictional voice, "based on observations from too great a distance to be convincing to anyone who doesn't spend too much time on game preserves like Yaddo and Princeton and Middlebury and Harpers." Strausbaugh even goes after his author photo — "longhaired, cheekboned, like a cross between a surfer dude and the guy who played guitar in the Saturday Night Live band." Ouch. But hey, what doesn't kill you... There were obvious risks for Essex author **Tim Brookes** in "Rediscovering America." The results of his second cross-country hitchhiking trip, and accompanying photos by **Tomasz Tomaszewski**, are published in the current issue of *National Geographic*. Brookes set out thumbing to update his impressions of America. His maiden voyage as a young road-ready British expat was more than 25 years ago. That *Geographic* bought a "writer-driven" story on spec was unusual, to say the least. Unfortunately the resulting piece lacks the gritty authenticity of a true, down-at-the-thumb travelogue. And the photographer took his own route, and car, so the images do not illustrate the text. Best hold out for the long version. Brookes's book about the trip is due out in July. ⑦

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Wild in the Streets

Faced with a growing number of unstable residents, downtown Burlington copes with its "characters"

By Matthew Taylor

The media accounts were spare and unsensational, barely a news brief tucked tidily in the upper left corner of the daily paper: An errant cigarette. A predawn alarm. A middle-aged woman on a smoldering couch, dying alone at the end of the century. A winter tragedy just two weeks from Christmas.

There is no debating what ultimately transpired in the early morning hours of December 10 at 127 St. Paul Street. But it is the events — or lack thereof — that preceded the 4 a.m. death of 53-year-old Diana Kobera that now quietly separate her case from the voluminous stacks of municipal misfortunes.

Three times that evening, Burlington Police officers had responded to noise complaints and arrived to check in on Kobera, a mentally ill woman who lived alone in the tiny third-floor apartment. At 1 a.m., and again at 1:23 a.m., officers sounded a Code 96 — the police term used for a person in need of mental health services. Each time, calls were placed to the Howard Health and Human Services crisis division, a 24-hour hotline designed to assist city residents who are mentally disabled and in need of assistance.

But despite the cops' calls — and subsequent conversations with the service providers — no clinicians were sent out that night to check on the ailing special-needs woman. By the time the alarm sounded at the Burlington Fire Department some two-and-a-half hours later, it was too late. Kobera, who authorities say may have fallen asleep smoking due to complications with her prescribed medication, was already dead.

PHOTO: MATTHEW THORSEN

MAD ABOUT DOWNTOWN All dressed up with nowhere to go, many of Burlington's mentally ill gravitate to the Marketplace milieu

Jim Leddy, the director of Howard Human Services and a state legislator from Chittenden County, won't talk about the Kobera situation; in keeping with company policy, he will not discuss any individual cases in which his organization is involved. But what Leddy will say is this: Despite a $28 million-a-year budget, 500 employees and its ranking as the largest health service provider in the state by far, Howard has a problem. There simply is not enough money, he says, to get the job done right. Plans are now actively in the works to reevaluate the situation.

"There's an erosion of resources," Leddy says. "The fact is, we need more money than we have. Pure and simple."

The irony is obvious. With the deinstitutionalization of mental health care throughout the 1980s and 1990s — a period that saw the number of patients institutionalized at the Vermont State Hospital in Waterbury drop from 1500 to 45 — Burlington has quickly become a national role model for its community-based mental health services system. Even Tipper Gore, the wife of the vice president, came here to praise the state's new mental health parity law, which requires health insurance providers to offer equal coverage for mental and physical health problems. Moreover, states around the country have focused on Burlington as an example of a city that has successfully integrated its mentally ill into the community.

But while the attention is flattering, some folks in Burlington — a city known for its "livability" as much as for its dedication to community affairs — tell a decidedly different tale. Just go down to the Church Street Marketplace and the examples are rampant. Amid the bustle of the state's most concentrated outdoor retail zone, among a cross-hatch of college kids, yuppies, hippies and disenfranchised youth, dozens of Vermont's mentally ill are left to wander the streets unattended for hours a day.

Some people know them well. There's Bill, who's fine when he takes his medicine, but delusional and intense when he doesn't. There's the woman who calls herself Mrs. Grant — a fortysomething schizophrenic who crosses the Marketplace, expounding on the challenges of raising a family that doesn't exist. And then there's the man known as The Strider, who, with his high-stepping, fast-paced lope and gesticulating arms, often covers the length of Church Street several times a day. The problem is not that the mentally ill are downtown, according to many officials and merchants; it's that often there's no one around to supervise them.

"We try to do our best and help folks out," says Skip Blakely, owner of Uncommon Grounds coffee shop on upper Church Street. "But we get to a point where there's nothing we can do. They need more people looking out for them."

Yves Bradley, the owner of the Body Shop on Church Street and an active member of the Burlington Business Association, not only knows many of the downtown special-needs residents by name, he sometimes invites some of them

"I'm not trained to be the one who keeps track of . . . who's taking their medicine and who's not. We need total reorganization downtown." — Body Shop owner Yves Bradley

into his shop, gives them gifts and checks out how they're doing. But along with the compassion Bradley feels frustration.

"I don't have a problem with the fact that the mentally ill are down here," Bradley explains. "Burlington is a lively place and people want to be here. But there's a problem when it's the merchants and the police who end up monitoring these people. I care about them, but I'm not trained to be the one who keeps track of how they're doing, who's taking their medicine and who's not. We need total reorganization downtown."

Bradley is not alone in his view. And Leddy agrees that more needs to be done downtown. But he is quick to explain that his hands are tied. Twenty years ago, when the majority of the mentally ill were institutionalized, it was a different story, the Howard director explains. The money was there and fewer dollars were needed to maintain a centralized system of care.

"The problem," he says, "is that when we quite appropriately began releasing people back into the community, the number of dollars did not rise. Our volume has increased and our resources have not. The result is we can't always serve people the way they need to be served."

And the volume is huge. For whatever reasons — no one is entirely sure why — Vermont has the largest percentage of people with mental illness, per capita, in the country. With the institutions-to-communication program in full swing — a move precipitated nationwide by a confluence of improved medications and more substantial civil rights laws — that means a vast majority of the formerly institutionalized are now living in communities. And most of them are in Burlington.

The problem is not unique to Vermont, of course. The United States Surgeon General last month released an extensive report suggesting that millions of Americans are not getting the help they need for mental health problems. Most striking was the report's finding that of those Americans who suffer from severe mental illness, nearly half either don't seek treatment or lack sufficient access to it. Also cited in the report is a need for an increased availability of services.

Without more downtown services in Burlington, the onus of providing for the well-being of the mentally ill often falls squarely on the shoulders of the police, a reality that often places officers in a difficult predicament.

"We're not trained to know how to handle mental illness," says Burlington Police Lt. Walter Decker, whose jurisdiction includes the Marketplace. "But we get called countless times a day because someone downtown is having an episode or is causing a disturbance in a store. We're there to help, and we care, but it's not our job to monitor them."

What's more, Decker says, there is often not a whole lot that can be done in the first place. While many of the mentally ill have their health care funded by the state, it is difficult to ensure that they will take their medications or adhere to various treatment programs.

Interventions can only be ordered if a person is deemed either a threat to himself or to others. "A homeless man having an argument with a street sign is unnerving, but it is not illegal," says Decker.

The problem, he says, is that it may be impossible to predict when a person might fly out of control in the crowded Marketplace. Indeed, late last year a mentally ill man stabbed himself with a knife on Church Street. While no serious injuries were suffered, the concern is obvious: If he was capable of stabbing himself, who's to say he might not have attacked someone else? In fact, such a nightmarish scenario played out 20 years ago just yards from the red bricks of Church Street.

It was then that Louise Hines, a Burlington schizophrenic in the grips of a psychotic rage, bludgeoned to death a 21-year-old woman with a lead pipe as she ate lunch in the yard of Burlington's Unitarian church. Ruled criminally insane and never tried for the murder, Hines was committed to the state hospital for treatment. In December, Hines was ordered to be released. His relocation to another state is currently being debated by officials.

Bradley says he wants to avoid repeating an extreme situation like the one perpetrated by Hines. But beyond that, he adds, there is also a concern for the mentally ill people themselves and for their continued quality of life in the community — a quality that many say could be better.

"We're not saying ship them out, that we don't want them around," says Bradley. "It's not that at all. It's that we want to have them be a part of the community, but we want them to get the help they need to be functioning members. So far they are not getting that help."

To that end, Decker, an affable law enforcement veteran who prides himself on keeping close contact with members of his community, bemoans what he sees as a lack of communication between different downtown groups. "We need to work more closely with each other," he says. "Police, merchants, health workers. We need to be more cohesive." And in Decker's view, things are moving in that direction.

A newly formed committee consisting of merchants, police, residents, city staff and Howard Human Services have put a plan in action that many believe would effectively mitigate some of the downtown mental health issues. The goal: to increase the presence, availability and access to qualified mental health professionals to work with mentally ill adults in the downtown area.

With participation from both the Secretary of the Agency of Human Services and state Department of Developmental and Mental Health Services, the panel proposes placing two full-time workers in the downtown area to work exclusively with the mentally ill in and around the Marketplace. The workers, Bradley and Decker agree, would provide the necessary link between the mentally ill and the rest of the community — full-time workers who could provide the support and guidance conspicuously absent today.

This would not be an entirely new idea. For a number of years, the Howard Center funded a crisis staff position to work as a liaison with Chittenden County law enforcement. Dedicated almost exclusively to the Marketplace, the worker was seen as playing a crucial role in preventing and resolving crises. However, the position was cut in 1996 for funding reasons. Now all parties agree, it's time to bring it back.

To that extent, Leddy says Howard is supportive of the plan, citing crisis services as the number-one priority of the organization.

"The crisis team is another area where our volume has increased and our resources have not," he says. "We'd like to be able to do more. We take a good strong look at all our situations, and we deal with 25,000 cases a year. There's no disagreement here. We want to work with the police and the people downtown to provide more than we can right now."

Speaking on the condition of anonymity, members of the police department say they hope an improved crisis response team would help the city avoid another situation like the one that ended with the death of Diana Kobera.

The downtown worker or workers would only be a start, however, toward improving the state's mental health services. The bottom line remains firmly anchored in funding issues — a delicate topic that has been echoed across the nation. Mental health workers feel vastly underpaid and underappreciated, and turnover in Vermont has been higher and higher each year.

In Leddy's view, more funding needs to come from the state and other locations if agencies like Howard can effectively tackle the problems. If all goes according to plan, the Howard Centre plans to begin seeking qualified candidates for the downtown position over the next several weeks. It hopes to have one position filled by spring.

Meanwhile, the Vermont Association of Mental Health, which held its 51st annual meeting recently in Montpelier, is preparing to take the funding issue to the state legislature in an attempt to shore up support for its increasingly frayed organization.

"It's the number-one priority," said Rod Copeland, commissioner of Developmental and Mental Health. "We have to figure out a way to support and fund the workforce. Our workforce means quality, and we have clearly fallen behind in this area. Suffice it to say that it is near crisis level in our system, and we must do something about it." ⑦

"We get called countless times a day because someone downtown is having an episode, or is causing a disturbance in a store. . . . A homeless man having an argument with a street sign is unnerving, but it is not illegal." — Burlington Police Lt. Walter Decker

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By Pamela Polston

Lying down on a bunch of rocks doesn't sound all that relaxing, never mind therapeutic. But imagine this: You, disrobed as if for a massage, are waiting expectantly under a cozy flannel sheet. A practitioner enters the softly lit room, explains in a gentle voice what she's about to do, then sits you up and places two rows of heated, round, flat stones on the table, and underneath another sheet, behind you. You lie back down, and instantly feel the penetrating warmth. For a second you worry the 140-degree rocks will burn you, but they don't. Instead you feel your body gradually, gratefully melt into the heat, until it seems you and the stones have become one. Somehow the dissolving of your concern manifests in a deeper relaxation — into something more akin to trust.

Meanwhile, the practitioner is placing more stones on your chest, between your toes, under your thighs, in your hands, on your third eye — this interspersed with rubbing first oil, then more hot stones, over your legs and arms.

Being between a rock and a hard place never felt so good.

This was my experience last week at Stephen & Burns in Burlington, the only spot in town — so far — offering the hot new LaStone Therapy. Developed in Arizona by massage therapist Mary Hannigan, the treatment is sweeping the nation, embraced by enthusiastic recipients and therapists alike.

My practitioner was Dorothy Stone — the irony of her surname was not lost on either of us. In fact the Stephen & Burns spa director is so awed by the stone therapy that she seems to wonder if her name, and the practice, aren't part of some especially wonderful destiny. And perhaps they are.

Being between a rock and a hard place never felt so good.

LaStone Therapy does indeed have sanguine effects on the practitioner as well as the prone recipient — the soothing heat goes both ways, and using the rocks to massage a client decreases stress on the fingers, Stone explains. Moreover, the stones — basalt river rocks with roughly the same circumference, but not the height, of bagels — provide an integral link to the Earth, and its energy, that is uniquely grounding.

"In the spiritual sense, stones are the bones of the Earth," says Stone. "I believe they have a connection with the bones of our bodies." But you don't have to believe that the rocks themselves possess any kind of energy, nor that humans and inert mineral matter disgorged from the Earth have some cosmic connection. "You don't have to be particularly enlightened to receive benefits," Stone puts it. "The work seems to have the ability to meet people wherever they are." In other words, cynics can still apply. If you want to pretend this is some elaborate variation on an electric heating pad, or Mom tucking you into bed, go for it. For my part, I found it more primordial.

But those who do accept the concept of Earth energy will appreciate that river rocks in particular have been "charged" by the water flowing over them — moving water, after all, has been transformed into "power" for centuries. Stone asserts that after repeated use, the stones need to be "re-charged," which she does by literally returning them to a river near her home for a little R&R.

Another feature of the stones

Continued on next page

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Continued from page 11

used in LaStone Therapy is called piezo-electric energy, which is transmitted as sound waves by tapping one stone against those placed on the body. "Like ultrasound, it penetrates the muscle groups and fascia," Stone explains. "It allows the stones to have a 'voice.'" This is not a voice you can hear, but you can indeed feel the subtle vibration, which is said to enhance relaxation.

Though it may seem counterintuitive, LaStone also utilizes a small number of icy cold stones — not basalt but regular river rocks, or polished white marble, that have been kept in

> I have to admit, my sense of "oneness" with the stones was remarkable. my restfulness profound and deeply pleasurable.

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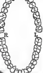
the freezer. Especially as Vermont temperatures dip well below zero the thought of frozen anything on your body is not exactly appealing. But by the time the cold stones are applied in the 90-minute session, your body is blissfully warm. I experienced the sensation as not chilling but refreshing. In the June/July 1999 issue of *Massage & Bodywork* magazine Hannigan herself likens the sensation to "cool ice cream on a summer day."

If LaStone Therapy is the latest trend in the growing bodywork repertoire the effects of thermal treatment at a deep physiological level have been known for at least a couple millennia. Healers from many traditions have known intuitively or medically that manipulating temperature on the body accelerates the flow of blood and lymph which in turn releases toxins to enhance healing. And the deep relaxation alone effectively counters that scourge of modern life: stress.

As my session came to an end and the stones, one by one, were removed I felt genuinely bereft. Of course, no one ever wants a good massage or even a nice hot bath to end. But in this case, I have to admit my sense of "oneness" with the stones was remarkable, my restfulness profound and deeply pleasurable. The $55 per-session is a stretch for my pocketbook, but there will certainly be times when my level of distress warrants getting this "stoned" again.

Dorothy Stone, who studied LaStone Therapy in Maine with a Hannigan teacher notes that six more of her practitioners will be trained by March. It's surely just a matter of time before river rocks are baking in turkey roasters at spas and health clubs all over Vermont. "LaStone Therapy has catapulted massage into another reality because of its multi-dimensionality," attests Stone. It's one rocky relationship you can look forward to. Ⓓ



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SKELETON CREW Dr. John Frymoyer helps students bone up on anatomy

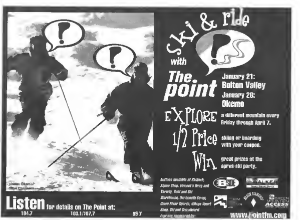
By Ruth Horowitz

As Dorothy Gale realizes when she wakes up in her bed at the end of *The Wizard of Oz*, sometimes it takes a cyclone to make us realize what we've overlooked right here in our own back yards. Community Medical School, a series of public lectures sponsored by the University of Vermont College of Medicine and Fletcher Allen Health Care, aims to do for us what Oz did for Dorothy — but without the nasty knock on the head.

The seven-week series in March and April features local medical mavens discussing the ankle bone, the brain and various body parts in between. It's designed not just to make us more aware of who's who at the hospital on the hill, but also what's what within our own bodies.

Lecturers are chosen for both their skill as speakers and stature in a field. Chair of Medicine Burton Sobel, who talked about heart disease and blood clotting in 1998, has done research that's changed the face of cardiac treatment, according to Rich Blount, a spokesperson for the medical school. And retired College Dean John Frymoyer, who lectured last year, is one of the world's leading experts on back pain.

"People don't realize the caliber of professionals we have here," points out FAHC's Marie Gaetani. "At the Community



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Medical School, you can hear someone talking about new research they're doing, and then hear the same thing on the news a few weeks later."

But while the nightly news can only whet the viewer's appetite with a quick sound-bite Community Medical School presentations — which last an hour and include time for questions — serve up a full entrée to the topic. "The conventional wisdom is that you should just give people the news they can use that they have no patience for or interest in the science behind it," says Gaetani. "But when you get 90 people showing up for one of these lectures, you know that people *are* interested in the science behind it."

Scott Wagers set up the first Community Medical School series in the fall of 1998 when he was chief resident at Fletcher Allen. Now a fellow in pulmonary and critical-care medicine, he acknowledges the lecture series is his way of shouting from the roof tops about the object of his affection. "Research is fun," the breathing specialist declares. "Carl Sagan said, 'When you're in love, you want to tell the world about it.' That's the kind of motivation that goes on here."

Available evidence suggests that Wagers' enthusiasm is infectious. While the first few lectures drew a couple dozen people, by the end of the second series this past fall, attendance had reached 90, and audiences were going wild — well, as wild as one can get at a medical lecture. Written evaluations gave hematologist Barbara Grant rave reviews, calling her session on stem-cell transplants "superb." Cardiac rehabilitation director Philip Ades' presentation "Leaping Lipids" was assessed as "excellent." A lecture by molecular physiology and biophysics chair David Warshaw about the "tiny motors" that drive the heart was lauded as "mind boggling." And a talk about the brain by professor Cindy Forehand rendered one evaluator incapable of saying anything but "wow."

The upcoming spring schedule was prescribed because the fall agenda alone wasn't enough to cure the public's craving for gory details. The series kicks off March 14 with Bruce Fonda, a perennially popular professor of gross anatomy giving a walking tour through the audience's lower extremities. Fonda plans to get into hip fractures, ankle problems and sciatica — the syndrome in which a pinched nerve in the back shoots pain down a person's leg. Between the back bone and the ankle bone, he'll also take time out at the knee, home of the ever-popular cruciate ligaments, which hold the thigh bone to leg bone, and the menisci — little fibro-cartilaginous disks that can get torn or flipped over or pulled out in sports injuries.

Fonda likes to treat his classes to lots of visual goodies. For example, when he lectures on the inguinal canal — that troublesome little hernia-prone tunnel that runs down around the groin region — he demonstrates the area's complicated layer system by doing a reverse strip tease, donning article after article of clothing. The anatomist, who often speaks in front of the state's emergency medical technicians, heads up the college's cadaver-procurement program. He won't divulge which props he might use to enliven his Community Medical School presentation.

Another hot topic comes up later in the series, when Dr. Lewis First, chair of the department of pediatrics, talks about fevers. First came to UVM in 1993 from Harvard Medical School, where the graduating class named him the school's best lecturer the year *after* he left. You may have gotten a taste of his microphone-side manner from his regular kids health feature, "First With Kids," on WOKO and WVNY. Though he doesn't do his own research, First's forte is medical education, he says, "taking the research of others and translating it in a way that the key points can be understood by everyone in the audience."

The big news about fevers First will tell his Community Medical School audience is that they're "actually our friends." Though First does recommend treating children's fevers with Tylenol or some other brand of

Continued on next page

"When you get 90 people showing up for one of these lectures, you know that people *are* interested in the science behind it."

— Maree Gaetani, Fletcher Allen Healthcare

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Doctoring ...

Continued from page 15

acetaminophen, he points out that many parents suffer from "fever phobia" — the misapprehension that a fever is a disease rather than a symptom. Health care providers contribute to this confusion, First says, when they tell parents to call if a child starts running a temperature.

"We do want to be called, but it can be interpreted as meaning that something terrible will happen if the parent doesn't call." So even if their daughter is sleeping fine and weathering a fever well, parents will wake her up to take her temperature. "Repeat taking of the temperature can drive children crazy," First notes. Excessive monitoring can be a particular pain in the butt for very young children, who are too little to safely hold a thermometer under the tongue.

Complementing First's pro-fever stand will be a talk on asthma by Charles Irvin, head of the Vermont Lung Center. Irvin came to Vermont a couple years ago from National Jewish Medical and Research Center in Denver, where "train wreck" asthma patients wind up when no one else in the country can treat them. Asthma has become an epidemic, Irvin says. Here in Vermont, it's a leading reason for adults missing work, and *the* leading reason for children missing school. His talk will look at current thinking about what's behind asthma's rise. Two popular theories: houses that are too snug and, paradoxically, children who are too healthy.

Asthma is rare in aboriginal or very rural societies, according to Irvin. But when people living in those societies move to the city they quickly acquire asthma. "There's something about modern life that makes you get asthma," he believes.

The theory is that you're born with two types of immune cells, TH 1 and TH 2. "If you don't get exposed to bacteria, but are exposed to certain viruses or to certain substances" — like cockroaches, dust mites and plastics that give off gases — you become sensitized and more prone to develop asthma.

Rounding out this spring's syllabus will be pathology professor Russ Tracy explaining how research works, and an encore presentation from brain expert Forehand. Organizers say they also plan to offer sessions on breast cancer and on public health.

In the past, Blount says, a lot of pre-med students attended Community Medical School, and one man regularly brought along his 12-year-old son. But the series primarily attracts middle-aged and senior members of the community. Blount's "favorite senior zealots," he says, are Harriet and Arnie Krieger, a retired Burlington couple who loved the lectures so much they received T-shirts for their perfect attendance. For Harriet, who majored in biology when she was in college and once considered going to med school herself, the "school" is a way to become reacquainted with an old friend.

"I'm fascinated by life altogether," she admits. "When you think of the nitty-gritty and all the different systems of which we're composed, and we're all in one piece — it's fabulous the way it works."

For Harriet Krieger, the series' only down-side is that it meets at the same time as her bridge club. "When I learned that this would be on Tuesdays I had to tell the girls I wouldn't be there," she says with a sigh. With the spring session looming, and still scheduled for Tuesday evenings, she's preparing to make the same decision again. "We all have our priorities."

As Dorothy's co-travelers down the Yellow Brick Road would undoubtedly agree, what could be more important than understanding what it means to have a heart, or a brain? ⑦

Community Medical School classes begin Tuesday, March 14, from 6-7 p.m. for seven consecutive weeks at Carpenter Auditorium on the UVM College of Medicine Campus. Classes are free and open to the public. For info, call 847-2886.

The fall agenda alone wasn't enough to cure the public's craving for gory details.

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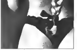

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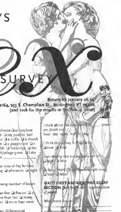

Return by January 26 to:
SEX SURVEY, c/o Seven Days, POB 1164, 255 S. Champlain St., Burlington VT 05402
(and look for the results in the Feb. 9 issue)

It's been two years since we last pried into your sex life, and it's a new millennium, more or less. Besides, some significant sex-related events have occurred since last we surveyed, such as, well: Monica, "elephant walk" hazing and the Vermont Supreme Court ruling on same-sex marriage. All good reasons to get an update on what you sentient beings out there are thinking, feeling and, most importantly, doing.

At least your responses will make interesting reading in our Sex, Romance & Bridal issue — or should we call it Domestic Partnership? — on February 9.

With pen or pencil fill out this form, clip it and mail to the address at right — BY JANUARY 26. Those of you who feel compelled to share lots of gory details may attach additional pieces of paper — but please be merciful.

We recommend you fill out the survey by yourself so as to reduce showing off, lying or alarming your friends, significant others or the parents.

So what's in it for you? For starters, the warm fuzzy feeling of having contributed to science. More importantly, your answers will surely enlighten and entertain the hardworking staff of Seven Days as we tabulate over pizza and beer. And with any luck, we will all come out better lovers.

Oh, and, as always, any surveys with suspicious stains will be rejected.

Sex ☐ male ☐ female

Age ______

Zip code ______

Sexual orientation
☐ heterosexual ☐ homosexual ☐ bi sexual

I am a virgin: ☐ true ☐ false

I lost my virginity when I was ____ years old

I lost my virginity to:
☐ the same sex ☐ the opposite sex
☐ other ______

I am ☐ single ☐ in a long-term relationship ☐ married/partnered ☐ just starting a new relationship ☐ in the middle of breaking up ☐ recently dumped

Check the one that applies:
☐ My lover and I have a monogamous relationship
☐ My lover and I have an "open" relationship
☐ My lover and I have an "open" relationship, but my lover doesn't know it.
☐ I am not monogamous, but I would like to be.
☐ I am monogamous, but would rather be sleeping around.

I have cheated on a partner: ☐ true ☐ false

(If true) How many times? ______

(If true) I ☐ did ☐ did not get away with it

I suspect my partner: ☐ would never cheat on me ☐ has cheated on me ☐ is cheating on me ☐ is probably cheating on me right this very minute.

My longest relationship (has) lasted ____ months ____ years

My shortest relationship lasted ____ hours ____ days ____ weeks ____ months.

I think the Vermont legislature should legalize same-sex marriage ☐ true ☐ false

I think the Vermont legislature should not legalize same-sex marriage, but should create a form of domestic partnership granting same-sex couples the rights of married couples ☐ true ☐ false

I have children ☐ true ☐ false
(If true) How many? ____

I have grandchildren. ☐ true ☐ false
(If true) How many? ____

I have faked an orgasm at least once:
☐ true ☐ false

I have always faked orgasms: ☐ true ☐ false

I know my partner fakes orgasms, but she/he doesn't know I know it. ☐ true ☐ false

I have never had an orgasm with a partner:
☐ true ☐ false

I have told my partner "I love you" in the middle of sex:
☐ because I really meant it ☐ by mistake

What is the most embarrassing thing you — or your partner — have uttered during sex? ______

I masturbate at least ____ times per *(circle one)* day week month year

I have changed my gender: ☐ true ☐ false

I use pornography: ☐ true ☐ false

(If true) What kind of porn?
☐ magazines ☐ videos ☐ on-line
☐ books ☐ other ______

My favorite sex toy or prop is:
______

(Men only) I worry that my penis isn't big enough ☐ true ☐ false

My partner's penis isn't big enough:
☐ true ☐ false

(Women only) I worry that my breasts aren't big enough. ☐ true ☐ false

My partner's breasts aren't big enough:
☐ true ☐ false

I am ☐ pro-choice ☐ pro-choice with restrictions ☐ anti-abortion

I have the best luck meeting people
☐ in bars and clubs ☐ through my work
☐ through friends ☐ through the personals
☐ through a singles or dating organization
☐ on Church Street in Burlington
☐ at the health club ☐ at Ben & Jerry's
☐ at church ☐ at the mall ☐ in class
☐ on the Internet ☐ in dark alleys
☐ other ______

I have no luck meeting people at all
☐ true ☐ false.

I have done the following:
☐ het sex ☐ homo sex ☐ oral sex ☐ anal sex ☐ anonymous sex ☐ ménage à trois ☐ group sex ☐ bondage ☐ SM ☐ bestiality ☐ phone sex ☐ posed for dirty pictures ☐ videotaped myself and a partner having sex ☐ one-night stand ☐ used dildos ☐ had sex with a prostitute ☐ had sex with a relative ☐ had sex with someone more than 20 years ☐ younger ☐ older ☐ worked in the sex industry *(circle all that apply)* stripper hooker escort phone sex X-rated films

I have had sex in:
☐ a car ☐ the Statehouse ☐ an airplane ☐ a bathtub/hot tub ☐ my parents' bed ☐ a therapist's office ☐ a coffin ☐ a church ☐ a public restroom ☐ a playground ☐ a classroom ☐ a ski lift ☐ Tenbridge ☐ the woods ☐ a city park/village green ☐ Lake Champlain ☐ other ______

What is your favorite time of day for lovemaking? ☐ morning ☐ afternoon ☐ night ☐ in the wee hours

I have had the following number of lovers in my life (so far)
☐ zero ☐ fewer than five ☐ five-20 ☐ 21-50 ☐ 51-100 ☐ more than 100 ☐ many, many more than 100 ☐ more than 1000

I am a: ☐ Republican ☐ Democrat
☐ Progressive ☐ Other ______

When I have sex with a new partner, I
☐ am worried about my breath ☐ am worried about my body shape/dimensions ☐ am afraid I won't measure up as a lover ☐ insist on having the lights out ☐ insist on having the lights on ☐ think about my last partner ☐ think about New England ☐ think about baseball ☐ think about my mother/father ☐ imagine other people are watching ☐ hide my wallet ☐ can't wait to take a shower ☐ get the giggles
☐ other ______

I have suffered from:
☐ herpes or other STD ☐ "blue balls"
☐ frigidity ☐ pain during intercourse
☐ impotence ☐ premature ejaculation
☐ nocturnal emissions ☐ nymphomania
☐ acute embarrassment about sex

I am HIV-positive ☐ true ☐ false
☐ not sure

I know/have known someone with AIDS or HIV ☐ true ☐ false

My/my partner's choice of contraception is
☐ birth control pills ☐ morning after pills
☐ condoms ☐ diaphragm ☐ pulling out
☐ none

I have safe sex: ☐ always ☐ sometimes
☐ never

I have told my partner I was "protected" when I was not: ☐ true ☐ false

Check all that apply:
☐ I had crushes as a kid ☐ I still have crushes ☐ I am a flirt ☐ I have fantasies about other people when I'm having sex. ☐ I wonder who/what my partner's thinking about when we're having sex. ☐ When I have sex I am mostly thinking about my own pleasure ☐ When I have sex I am mostly thinking about my lover's pleasure ☐ After sex, I really do want to smoke a cigarette

I think about sex approximately ____ times per *(circle one)* hour day week month year

I think this survey is [illegible]
☐ true ☐ false

Just reading this survey turns me on:
☐ true ☐ false

In fact, I think I'll go [illegible] right now
☐ true ☐ false

WAIT! FIRST ANSWER THIS ESSAY SECTION *(feel free to use a separate sheet of paper)*

What turns you on?
______

What [illegible]
______

The best thing about sex is:
______

The worst thing about sex is:
______

What was your most memorable sexual experience?
______

(Unmarried only) I plan to keep my sex life interesting after marriage by:
______

(Married only) I keep my sex life interesting by: ______

If you could have sex with one Vermont politician/public figure, who would it be?
______

If you could have sex with one Vermont personality in the arts community (musician, actor, artist, writer, etc.), who would it be?
______

If you could have sex with one fictional character (in books, TV, movies, comics etc.), who would it be?
______

In your opinion, what is the hottest sex scene in the history of cinema? *(name movie)* ______

What is your favorite sexual position?
______

What else should we have asked?
______

ILLUSTRATIONS: PAULA MYRICK

The Odder They Come

The weird truth about longevity? Quirkiness could be a key

By Helen Husher

If you want to live a long time, a line of research hints that it helps to be peculiar. Eccentrics — a rare and perhaps dying breed of humans — go to the doctor once every eight or nine years and have a tendency to live healthy, prolonged lives. These lives, according to an elderly and rumpled back issue of *Psychology Today*, are free from stress and full of diverting adventures. The symptoms of eccentricity are insatiable curiosity, obsessive but curiously happy preoccupations, the constructive use of solitude and an absence of that modern plague, stress. Other people almost certainly tell eccentrics to floss, be on time, and chew with their mouths closed, but the eccentrics simply do not listen.

There was once a librarian at the British Museum during the 18th century who was an overcommitted angler. To outwit the fish, he designed a costume "to make himself look more like a tree." Which makes the reader wonder how much he looked like a tree to begin with — his name, we are told, was Birch.

A modern eccentric, Alan Fairweather, is a potato inspector for Scotland's Department of Agriculture. He lives for potatoes — he talks about them incessantly and eats nothing else. He takes his annual vacation in Peru, the homeland of the potato, so he can study the potatoes, um, more.

Henry Cavendish so disliked having to talk to his domestic staff that he sent them letters; he would have loved e-mail. Upon meeting a maid accidentally on the stairs, he ordered another whole staircase built. But Cavendish was the same useful citizen who determined that water was not an element but a compound of hydrogen and oxygen.

Clinical neuropsychologist David Weeks sought out and interviewed more than a thousand eccentrics for his 1995 book, *Eccentrics: A Study of Sanity and Strangeness*. In it, he finds that the incidence of "classic, full-time" eccentricity is only about one in 10,000, and that there is an inexplicable concentration of eccentrics in Minneapolis-St. Paul. Or at least he finds it inexplicable; folks in Minnesota would probably blame the weather, which they blame for just about everything, and which is, it must be noted, a lot like the weather in Vermont.

The health of eccentrics, Weeks thinks, is directly linked to their peculiar brand of happiness — they are marked by resourcefulness and engagement, and follow their impulses without fretting over all the possible consequences. This makes them unpredictable and at times downright annoying, but it also makes them surprisingly tough. Chronic stress, which damages the immune system and triggers depression, is largely absent in eccentrics. And they also have what Weeks calls "positive forms of stress, such as those associated with sex, exercise and the intellectual excitement of new ideas." These, he says, tend to trigger the release of slightly higher levels of growth hormone, and it is growth hormone that counteracts many of the diseases associated with aging, such as osteoporosis and muscle atrophy. "Growth hormone," Weeks writes, "has also been shown to have a good effect on memory, and eccentrics even tend to look younger than their biological age."

Because his collection of contemporary eccentrics were all still uncompromisingly alive, Weeks turned to the historical record to investigate longevity. His historical sample of oddballs, which was

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drawn broadly from 1551 to 1950 revealed that all lived to 60 and beyond — even and perhaps especially during the periods when life expectancy was hovering around 35. If it's true it's a remarkable finding — it must be added that Weeks has been criticized for the softness of his data and his tendency to rely on small samples, impressions and anecdotes.

Undaunted, he has gone on to write *Secrets of the Superyoung* which explores why some people can show up at their 25th reunion looking wonderful while the rest of us are plump, droopy or older than our hair.

The criticism doesn't really mar the central finding Weeks insists on: a happy breed is a healthy breed and people who don't worry about conforming never suffer the side-effects of angst. Of course, they may trigger it — living with an eccentric is no doubt exasperating. They hate electricity or love insulation or write long, crackpot essays about clown college or Morse codes or tropical fish. The inventor Nikola Tesla had a deadly fear of women wearing pearl earrings, and the painter Salvador Dali ate mountains of soft ripened cheese to enhance his dreams which is not only eccentric but expensive.

People who don't worry about conforming never suffer the side-effects of angst.

The bad news is that eccentricity — *true* eccentricity — is apparently diminishing. It helps to be the first born in a family, upper middle-class and a voracious reader, but despite living in a culture with smaller families, more money and more books the breed declines. Or, perhaps, they are merely perfecting their disguises: for all we really know, Mr. Birch may well be thriving, after 300 years, in the English countryside.

Robert Frost once defined a civilized society as one that "tolerates eccentricity to the point of doubtful sanity." Using this as a yardstick, it's hard not to wonder if we really are civilized or whether we have decided instead that a little medication will settle everybody down. But to be settled is not always to be happy — or healthy — and too often "settled" merely means eating cinnamon toast in front of the television. Thus we should cherish our eccentrics when we find them, or when they allow themselves to be found. Fancy cheese is a small price to pay for a Dali and I'll take the truth about water in exchange for an unnecessary staircase anytime. ⑦

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food

Free-Grange Gourmet

You can get staples — and soy sausage — at Maple Valley Country Store

By Anne Galloway

At first glance the Maple Valley Country Store & Café in Plainfield looks like a run-of-the-mill quick-stop. All the things a half-awake commuter-in-a-hurry needs *en route* to the big city — Montpelier — are close at hand. The usual last-minute items are crammed around the wooden counter: cigarettes, key chains, newspapers and deli-wrapped, grab-able goodies like homemade fruit-filled turnovers. Nearby shelves are filled with dog food, Pop Tarts, Spic & Span and the gamut of snack foods packaged in air-puffed plastic bags.

But take a closer look, and the ordinary becomes a little funkier at this establishment. Those key chains are attached to glow-in-the-dark aliens, for starters. A full line of Lakon Herbal massage oils sits atop a deli case lined with thick tubes of Boar's Head meats and cheeses. And the self-serve gourmet coffee station offers Green Mountain Roasters blends, not pre-sweetened "cappuccino" from a machine.

Perhaps only in a renowned hippie haven — the home of Goddard College — could a "country" store successfully sell the sublime right next to the ridiculous. Gourmet grocery staples like pesto and salsa are stacked across the aisle from phosphorescent sculptures of Mother Mary and plastic hooks molded into provocatively upturned fingers. This is the best place within a 60-mile radius to buy a metal lunch box covered with the image of Kali, the Indian goddess of life and destruction.

But that's not the half of it. Tear yourself away from the arresting display of tchotchkes and past a dozen or so racks of greeting cards, and you'll find yourself in front of a galley-style kitchen and a hole-in-the-wall café. Eclecticism reigns here, too. Sandwiches of basic roast beef and seitan reuben — complete with sauerkraut, swiss cheese and Thousand Island dressing — get equal billing on a menu that offers everything but the kitchen sink for breakfast, lunch and dinner. Ham and cheese omelettes are available for breakfast, as well as sautéed tofu served with vegetables and spicy homefries. In the evening, the *specialité de la maison* is pizza, with every conceivable combination of toppings — including fresh pesto, hearts artichokes, pepperoni, broccoli and ricotta.

The Maple Valley café is essentially a diner with a beer and wine license that offers top-notch vegetarian and "regular" food. It's a comfortable, laid-back place to get well prepared, inexpensive grub. The décor? Anything but pretentious: The walls are sky blue with white clouds, and the wooden floor is as worn as the eight wooden tables and accompanying chairs stuffed into the room.

Owners Dudley and Janet Askew have fine-tuned the quirky, home-style atmosphere to suit their own tastes, because the store is essentially their second home. The Askews' daughter Naomi was born shortly after they bought the place 13 years ago. She spent her babyhood in the aisles as her parents worked 12- to 14-hour days, seven days a week. Dudley ran the front counter and Janet ran the kitchen.

The grueling mom-and-pop-shop schedule paid off. When the Askews bought Maple Valley it was a store with a tiny restaurant and a hippie-dippie reputation. Now it's a small store with a restaurant that seats 25 to 30. The business has grown tenfold — evidenced by the always-full parking lot outside the board and batten building on Route 2. But the hippie reputation never quite went away.

The Askews have come to

PHOTO: MATTHEW THORSEN

VALLEY GRILLS One-stop shopping for groceries and grub in Plainfield terms with the work schedule — even with 25 or so employees they still put in 50 to 60 hours a week. The store is open daily from 6 a.m. to 10 p.m. Dudley works the retail, does all the ordering, manages the staff and handles the finances. Janet still goes in at 3 a.m. every day to bake all the fresh goodies — pies, quiches, lasagnas, brownies, granola and more. Naomi, now a teenager, types menus, serves food and cooks — when she feels like it.

Dudley credits his wife with Maple Valley's success. "Janet is the backbone," he says. "She's really dedicated." He adds that while some couples might find the tough day-in, day-out schedule grounds for divorce, they've found it rewarding. "We work so well together," Dudley says. "We're like two dancers. You know what needs to be done and no words have to be exchanged. The secret to our success is, we like what we're doing."

The Askews play host to regulars who come by nearly every day and have become part of the Maple Valley "family." Some of the specialty sandwiches on the menu were custom-created for their care customers. The McJoe, for instance, is scrambled eggs with soy sausage and cheese on an English muffin, the McAmy is the same sandwich with avocado and salsa substituted for the *faux* meat. "We sell a ton of them every day," Dudley says.

The "McEgg" dishes are part of a standard café repertoire that also includes homemade pizza, lasagna, vegetarian and beef chili, Greek salad, homemade breads, pies and pastries. "It's like grandma, it's always there and it's always predictable," Dudley suggests.

Happily, it's also predictably good and reasonably priced. A peanut and butter sandwich — for persnickety children — is $1.50. Large pizzas are $9.50. A specialty sandwich, such as the Italian with cappicola ham, genoa salami and provolone, or the vegetarian with havarti cheese, sprouts and tomato, is $4.95, and comes with chips, pasta, potato or tossed salad. A rich slab of "black magic" chocolate cake costs $2.50. "Gourmet" does not mean "gouging" at Maple Valley.

"We want to keep it reasonable," Dudley says. "We don't want to price out our customers. We want to be a do-drop-in place."

And drop in they do. After all, it's one place where veggie burgers and hamburgers, yuppies and hippies, rural and ex-urban peacefully co-exist. ⑦

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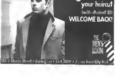

sOUnd AdviCe

MOUNTAIN HIGH Not to be confused with the bands *Fat Mambo*, *Fat Bag* or even plain old *Fat*, *Fat Mama* are eight young guys from Boulder who put fat in their jazz, and take the con out of fusion. One of Colorado's most popular bands, Fat Mama make most jazz units sound positively anorexic. Check out their funk/acid/groove thang this Thursday at Metronome.

WOO TO EARTH Not every kid who begins playing piano at age three grows up to be a legend, but it was in the stars for Bernie Worrell. The man's contributed wild and virtuosic keyboard work to a few hundred recordings, including those of the mighty Parliament-Funkadelic, which he co-founded. He's also written for TV ("Car 54, Where Are You?") and film scores. Ain't nobody does [illegible] Worrell and his Woo Warriors fly into Higher Ground this Thursday on a spaceship of jazzy funk. F-Hole opens.

19
WEDNESDAY

LAR DUGGAN W/JOHN RIVERS & STEVE WIENERT (jazz) Leunig's, 7:30 p.m. NC.
KARAOKE KAPERS W/CHERIE TABIT (hosts Bob Bolyard & Eric Brenner) 135 Pearl, 9:30 p.m. NC.
JO MO FU (funk), Red Square, 9:30 p.m. NC.
FREE BEER & CHICKEN (funky groove) Club Metronome, 9 p.m. $3.
JOHN LACKARD BLUES BAND Nectar's, 9:30 p.m. NC.
HIP-HOP NIGHT (DJs), Rasputin's, 9:30 p.m. NC.
BANG (DJ Rob Psychotropes; house/techno) Millennium Nightclub, 7 p.m. NC/$2.
OPEN MIKE Manhattan Pub 9:30 p.m. NC.
KARAOKE J.P.'s Pub, 7 p.m. NC.
KARAOKE W/MATT & BONNIE DRAKE Edgewater Pub, 9 p.m. NC.
ART EDELSTEIN (jazz) Tavern Inn at Essex, 6 p.m. NC.
REBECCA PADULA (singer-songwriter) Good Times Cafe, 7:30 p.m. $2.
OPEN MIKE Thirsty Turtle, 8 p.m. NC.
DJ TOBBY MARKS Mountain Roadhouse, 9 p.m. NC.
OPEN MIKE NIGHT W/THE DETONATORS (r&b/blues) Matterhorn, 9 p.m. NC.
TAMMY FLETCHER & THE DISCIPLES (soul/blues) Rusty Nail, 9 p.m. $5.
OPEN MIKE, Charlie O's, 9 p.m. NC.
OPEN MIKE NIGHT Cambridge Coffeehouse, Smuggler's Notch Inn, 7 p.m. NC.
DEAR LIZA (rock) Wobbly Barn, 9 p.m. $6-8.
OPEN MIKE, Toadstool Harry's, 9 p.m. NC.

20
THURSDAY

GUY COLASACCO (singer-songwriter) Jake's, 6:30 p.m. NC.
ELLEN POWELL & MARK VAN GULDEN (jazz) Leunig's, 7:30 p.m. NC.
OPEN MIKE W/D. HAWS Cactus Cafe, 9 p.m. NC.
DJ PETER BLUE (benefit dance for UVM Womens Rugby) 135 Pearl, 10 p.m. $4/5.
RETRO NIGHT (DJ) Club 156, 9 p.m. NC. 18+
MIGHTY LOONS (rock) Nectar's, 9:30 p.m. NC.
FAT MAMA (funk), Club Metronome, 9 p.m. $3.
WIDE WAIL (alt-pop) Red Square, 9:30 p.m. NC.
LIMBERJACK COUNTY (bluegrass) Manhattan Pizza, 9 p.m. NC.
REGGAE NIGHT (DJ) J.P.'s Pub, 9 p.m. NC.
DEF JAM PARTY (DJs Joey K & Bobby Sparks; hip-hop/r&b), Millennium Nightclub, 9 p.m. NC/$2.
BERNIE WORRELL & THE WOO WARRIORS, F-HOLE (space-funk)

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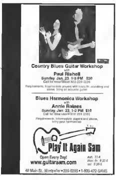
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Higher Ground 9 p.m. $8/10.
DAVE ANAIR BAND (rock) Trackside Tavern, 9 p.m. NC.
KARAOKE W/MATT N BONNIE DRAKE Edgewater Pub, 9 p.m. NC
MELISSA DAVID (acoustic favorites) Windjammer, 6 p.m. NC
DANCIN' DEAN (country line dance & instruction) Cobbweb 7:30 p.m. $5
OPEN MIKE Swany's 9 p.m. NC
REGGAE DJ Matterhorn 9 p.m. NC.
EAST COAST MUSCLE (blues) Mountain Roadhouse, 9 p.m. NC.
VIPERHOUSE (acid jazz) Mad Mountain Tavern, 9 p.m. $7
PETE SUTHERLAND & MICHELE CHOINIERE (folk) Live Art at the Wood Gallery, 7:30 p.m. $12.
DEAR LIZA (rock) Wobbly Barn 9 p.m. $6-8
JOHN HALL (acoustic) Nightspot Outback, 9 p.m. NC
EDDIE MONEY (rock) Pickle Barrel 7 p.m. $14.50/16.50
H-E-DOUBLE-HOCKEY STICKS DJ CHEWBACCA (rock) Tondelayo Harry's, 9 p.m. NC.

21
FRIDAY

PICTURE THIS (jazz), Windjammer 5:30 p.m. NC.
RODNEY N FRIENDS (acoustic) Ri Ra 6 p.m. NC.
BOOTLESS & UNHORSED (Irish) Last Chance Saloon 7:30 p.m. NC.
BE THAT WAY (advanced folk-rock) Borders 8 p.m. NC.
RODNEY & FRIENDS (acoustic) Sweetwaters, 9 p.m. NC.
FUNKY MIRACLE, Red Square, 9:30 p.m. $5
Y2GAY YNOT? (cabaret w/Cheese Tarts benefit for Pride 2000) 135 Pearl 9 p.m. $6 followed by **DJ CRAIG**
MITCHELL 11 p.m. $4/5
PERRY NUNN (acoustic) Ruben James 5 p.m. NC, followed by **TOP HAT DJ** 11 p.m. NC.
DJ JAZZ (house/techno) Club 156 9 p.m. $3/4 18+
BABALOO (punk mambo) Club Metronome 9 p.m. $5
THE NATURALS (rock) Nectar's 9:30 p.m. NC.
FRI-2K (r&b/hip-hop; DJs Frostee & Robbie J.) Millennium Nightclub, 9 p.m. $3/5
AARON FLINN N SALAD DAYS (pop-rock) Vermont Pub & Brewery 9:30 p.m. NC.
MARC BRISSON (rock) Alley Cats 9:30 p.m. NC.
COMEDY ZONE (stand-up) Radisson Hotel 8 & 10 p.m. $8
BLUE JAY WAY (rock) Henry's Pub Holiday Inn 9 p.m. NC
BAD HORSEY (rock) Trackside Tavern 9 p.m. $2.
BLUES FOR BREAKFAST, LIQUID DEAD (Grateful Dead tribute) Higher Ground, 9 p.m. $5/7
KARAOKE W/MATT N BONNIE DRAKE, Backstage Pub 9 p.m. NC.
STUR CRAZIE (rock) Edgewater Pub 9 p.m. NC.
JOHN CASSEL (jazz piano) Tavern at the Inn at Essex, 7 p.m. NC.
LIVE JAZZ Diamond Jim's Grille 7:30 p.m. NC.
EMPTY POCKETS (rock) Franny O's 9 p.m. NC
JENNI JOHNSON (jazz/blues) Jake's 7 p.m. NC
JEH KULU DANCE & DRUM THEATER, SAMBATUCADA, MT. ABE GLEE CLUB, SANKUFA (African/Brazilian music and dance; benefit for Global Village Project) Mt. Abraham High School, Bristol 7 p.m. Donations.
JUKEBOX HEROES (rock) City Limits 9 p.m. NC.
UNNAMED BAND (rock) Swany's 9 p.m. NC.
NUDE MEMBERS (rock) Thirsty Turtle 9 p.m. $5
JAMES HARVEY TRIO (jazz) Villa Tragara, 6:30 p.m. $5 with dinner
JOEY LEONE (acoustic r&b) Charlie B's Snowflake, 8:30 p.m. NC.
VIBROKINGS (blues-rock) Mountain Roadhouse 9 p.m. NC
DUB SQUAD (reggae) Matterhorn 9 p.m. $3-5
VIPERHOUSE (acid jazz) Rusty Nail 9 p.m. $8
OPEN MIKE Adams Apple 7:30 p.m. NC
U.N.I. (reggae) Mad Mountain Tavern 9 p.m. $5
LIVE JAZZ (jazz) J.P. Morgan's 7:30 p.m. NC.
MICHAEL & A BUNCH OF SLACKERS (rock) Charlie O's, 9 p.m. NC.
BLUE FOX (acoustic blues) Three Mountain Lodge 6 p.m. NC
THE X RAYS (r&b/rock) Nightspot Outback, 9 p.m. $5/7
YASGUR'S FARM (rock) Wobbly Barn 9 p.m. $6-8.
ROY MASON BAND (adventure pop) Tondelayo Harry's, 9 p.m. $3

22
SATURDAY

BOOTLESS N UNHORSED (Irish) Last Chance Saloon 7:30 p.m. NC.
OPEN MIKE (G/L/B/T) R U 1 2? Coffeehouse at Zabby's Some Soup 7:30 p.m. $5 donation
PAUL RISHELL & ANNIE RAINES (acoustic blues) Harlequin Coffeehouse at Rhombus 8 p.m. $8
Y2GAY YNOT? (cabaret w/Cheese Tarts benefit for Pride 2000) 135 Pearl 9 p.m. $6 followed by **DJ LITTLE MARTIN** 11 p.m. $4/5
MARC BRISSON N CRAIG HUROWITZ (acoustic) Sweetwaters 9 p.m. NC.
THE NATUSALA (rock) Nectar's, 9:30 p.m. NC.
DJ BUTCH & GUESTS Club 156, 9 p.m. $3/4 18+
BAG OF PANTIES (alt/punk; CD release party) Club Metronome, 7 p.m. $3 followed by **RETRONOME** (DJ) 11 p.m. $2.
ULU (groove/funk) Red Square, 9:30 p.m. NC.
KARAOKE, J.P.'s Pub, 9 p.m. NC
DJS TOM DIAZ N BUGGED (hip-hop/r&b) Ruben James, 10 p.m. NC.
FLASHBACK ('80s DJ) Rasputin's, 10 p.m. NC
URBAN DJ NETWORK (DJs Spin & Iron; hip hop/house) Millennium Nightclub, 9 p.m. $3/5
JOE SALLINS (eclectic jazz) Vermont Pub & Brewery, 9:30 p.m. NC.
COMEDY ZONE (stand-up), Radisson Hotel 8 & 10 p.m. $8
GUY COLASACCO (singer-songwriter) Jake's 6:30 p.m. NC.
BLUE JAY WAY (rock) Henry's Pub Holiday Inn 9 p.m. NC
JENNI JOHNSON & FRIENDS (jazz/blues) Tuckaway's, Sheraton Hotel 9 p.m. NC.
PERCY HILL, THE PARTY BAND (groove-pop) Higher Ground 9 p.m. $8
BAD HORSEY (rock) Trackside Tavern 9 p.m. $2.
BLUE VOODOO (rock) Backstage Pub 9 p.m. NC.
STUR CRAZIE (rock) Edgewater Pub, 9 p.m. NC.
CONRAD SAMUELS (country line dancing) Cobbweb, 8:30 p.m. $7/12.
KARAOKE W/FRANK, Franny O's, 9 p.m. NC
PAUL MARQUIS (folk guitar) Bridge St. Café, 8 p.m. NC
UNNAMED KARA (rock) Swany's 9 p.m. NC.
JUKEBOX HEROES (rock) City Limits 9 p.m. NC
KELLY'S HEROES (rock) Thirsty Turtle 9 p.m. $3.

continued on page 31

where to go

After Dark Music Series, Knights of Columbus Hall, Middlebury, 388-[illegible]
Alley Cats, 41 King St., Burl., [illegible]
[illegible] Apple Cafe, [illegible] & Main streets, Montpelier, [illegible]
Backstage Pub, 60 Pearl St., Essex Jct., 878-[illegible]
Barnes & Noble Booksellers, 102 Dorset St., S. Burlington, [illegible]
[illegible]
Borders Books & Music, 29 Church St., Burlington, [illegible]
Burlington Coffeehouse at Rhombus, 186 College St., Burlington, 864-[illegible]
Cactus Cafe, 1 Lawson La., Burl., [illegible]
Cambridge Coffee House, Smugglers' Notch Inn, Jeffersonville, 644-[illegible]
Capitol Grounds, 45 State St., Montpelier, 223-7800
[illegible], 32 Main St., Winooski, [illegible]
Charlie B's, [illegible]
Charlie O's, 70 Main St., Montpelier, 223-[illegible]
[illegible]
City Limits, 14 Greene St., Vergennes, 877-[illegible]
Club Metronome, 188 Main St., Burlington, [illegible]
Club 156, 156 St. Paul St., Burlington, [illegible]
Cobbweb, Sandybirch Rd., Georgia, 527-7000
Diamond Jim's Grille, Highgate Comm. Shpg. Ctr., St. Albans, [illegible]
[illegible]
Edgewater Pub, 340 Malletts Bay Ave., Colchester, [illegible]
Finnigan's Pub, 205 College St., Burlington, [illegible]
Flynn Theatre, 153 Main St., Burlington, [illegible]
Franny O's, 733 Queen City Pk. Rd., Burlington, [illegible]
Good Times Cafe, Hinesburg Village, Rt. 116, [illegible]
[illegible], 16 Church St., Burlington, [illegible]
Henry's Pub, Holiday Inn, 1068 Williston Rd., S. Burlington, [illegible]
Higher Ground, 1 Main St., Winooski, 654-[illegible]
[illegible]
Jake's, 1233 Shelburne Rd., S. Burlington, [illegible]
J.P. Morgan's at Capitol Plaza, 100 Main St., Montpelier, [illegible]
J.P.'s Pub, 139 Main St., Burlington, [illegible]
[illegible], Montpelier, [illegible]
Last Chance Saloon, 147 Main, Burlington, [illegible]
Leunig's, 115 Church St., Burlington, [illegible]
[illegible] Montpelier, [illegible]
Mad Mountain Tavern, Rt. 100, Waitsfield, [illegible]
Main Floor Unplugged at Valley Players Theater, Rt. 100, Waitsfield, [illegible]
Main St. Bar & Grill, 118 Main St., Montpelier, [illegible]
Manhattan Pub, 167 Main St., Burlington, [illegible]
Matterhorn, 4969 Mountain Rd., Stowe, [illegible]
Millennium Nightclub, 165 Church St., Burlington, [illegible]
The Mountain Roadhouse, 1677 Mountain Rd., Stowe, [illegible]
Nectar's, 188 Main St., Burlington, [illegible]
The Nightspot Outback, Killington Rd., Killington, [illegible]
135 Pearl St., Burlington, [illegible]
Pickle Barrel, Killington Rd., Killington, [illegible]
Radisson Hotel, 60 Battery St., Burlington, [illegible]
Rasputin's, 163 Church St., Burlington, [illegible]
Red Square, 136 Church St., Burlington, [illegible]
[illegible] 86 College St., Burlington, [illegible]
[illegible] Community Coffee House, Rt. 100, [illegible]
[illegible] 25 Church St., Burlington, [illegible]
[illegible] 159 Main St., Burlington, [illegible]
Rusty Nail, Mountain Rd., Stowe, [illegible]
[illegible], 40 Lake St., St. Albans, [illegible]
[illegible]
[illegible] Community Coffee House, Village Meeting House, Rt. 116, [illegible]
[illegible] 424-[illegible]
[illegible], Plattsburgh, 518-[illegible]
Swany's, 214 Main St., Vergennes, 877-[illegible]
Sweetwaters, 118 Church St., Burlington, 864-[illegible]
[illegible]
Thirsty Turtle, 1 S. Main St., Waterbury, 244-[illegible]
Tondelayo Harry's, Rt. 4, Killington, 422-[illegible]
Trackside Tavern, 18 Malletts Bay Ave., Winooski, [illegible]
Tuckaway's, Sheraton, 870 Williston Rd., S. Burlington, [illegible]
Vermont Pub & Brewery, 144 College, Burlington, [illegible]
Villa Tragara, Rt. 100, Waterbury Ctr., 244-[illegible]
Windjammer, 1076 Williston Rd., S. Burlington, [illegible]
Wobbly Barn, Killington Rd., Killington, 422-[illegible]

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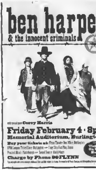

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& THE RED HOT LOUISIANA BAND
TERRANCE SIMIEN
RUSTIC OVERTONES
JUMP, LITTLE CHILDREN
JAMES McMURTRY
GREG DOUGLAS
DEREK TRUCKS BAND
SOULIVE
CULTURE
FEATURING JOSEPH HILL
LEE 'SCRATCH' PERRY
MAD PROFESSOR

rHYtHm & nEws

By Pamela Polston

DOWNHILL FROM HERE How would you like to hear your songs on European television with voice-overs in 21 languages and hours in the-throat excitement mounting. **Barbacoa**, **Chin Hui** and **Chainsaws and Children** just did, on the TV broadcast of the bobsleigh (that's a bobsled to some of us) World Cup Series. Of course the excitement was for the bobsled teams tearing down the tubes, or for the bent-on-brain-damage athletes, who do it headfirst. But still, JFM Sports, based in Lake Placid, is the producer of that show, among others, especially in the world of sliding sports, and a recent arrangement with **Jim Lockridge** at Big Heavy World has literally sound proprietor **John Morgan** some fine Burl ington tunes. Unfortunately there's no money (for the bands) in the indie sports production, but the broadcast at least credits the musicians and lists the Web site (BHW) where it can be purchased. Hey, a few million listeners in Europe is a start — and Big Heavy's world just got a little bigger.

IN THE SPOTLIGHT? Sometimes musicians ask me how I go about selecting whom to preview in "Sound Advice." It's easier to say who *doesn't* get featured: musicians who don't have a photo — or at least haven't given one to *Seven Days*. Duh. If you don't send me photos and bios you won't get no satisfaction from the press. It's that simple. So those of you who'd like to see your mugs on these pages from time to time, get your promo mojo together and send out press packages. Oh, and send decent black and white photos, will you? No color snapshots taken by the boyfriend/girlfriend/mom and don't ask me to download them off your Web site. Call me old-fashioned, but I prefer hard copy for our source files. And there you have it.

CLASS OF 2000? For some time now, the Burlington Coffeehouse has run a songwriters workshop. Now there's a **Mighty Blues Workshop** — headed up by former **Bloomsbury** bassist **Mike Bernal**; it's every Monday night at the Mountain Roadhouse in Stowe. Except words are deceiving here, folks, 'cause you can't get any college credit at this workshop. Instead, M.B.W. is a mighty band — Bernal on bass, **Little Anthony Gerasi**, formerly of **Bonnie Earl and the Broadcasters**, on piano and Hammond B-3, **Bill Ostrow** of the **Vibrokings** and **Left Eye Jump** on guitar, and **Dino Izopa** on drums. Bernal promises, though, that in addition to "international guests appearing weekly," local musicians and singers are welcome to sit in. Now that's a night school.

TEEN SCENE Speaking of Bloomsbury guitarist/vocalist **Jim Branca** actually is teaching something or other — to teenagers. After ushering in a safe Y2K at his Meet Odd First Night gig, the big bluesman extended his considerable good will to the Burnham Library in Colchester where a group of 13- to 16-year-olds have formed a music club which meets the first and third Tuesdays of the month. Branca reports that the first thing the kids did was an admirable appropriation of **Monty Python** in naming their club "Musical Ongoing History Crisis at the Dawn of the 21st Century with Snacks." I like that — especially the snacks part. Anyway, the ostensible purpose of M.O.H.C. 21 w/Snaks" is for everyone to bring a CD or two, listen to a cut from each one and rate them, which leads to a critical discussion, a.k.a. "musical history spew" from Branca. "My function is not at all to be a teacher," he demurs modestly, "more like just a ringleader/catalyst/MC." The club's agenda will include a field trip — last year they visited White Castle Recording Studio — guests and, of course, lots of snacks. Want more info? Call Betty Ellis at 878-8513.

DO GOOD DEPT. Another week, another opportunity to share your wealth. Actually, several of 'em. Since the UVM men's hockey team is in the doghouse for the season, why not focus your adoration on the women's rugby team instead? DJ **Peter Blue** spins for a benefit dance at 135 Pearl this Thursday. No hazing on the dance floor but watch out for the drama. Also at 135 Pearl, that ballsy hostess Miss **Cherie Tart** will serve up cabaret (yes, she has humor) with the desserts and coffee for Pride Vermont 2000 this Friday and Saturday.

On Friday in Bristol, African drumming and dancing at Mount Abraham High School will raise bucks for the Global Village Project, and will probably rave on the school's heating bill for at least 24 hours. **Jeh Kulu**, **Sambatucada** and **Sankofa**, along with the **Mount Abe Glee Club**, give it up for the scholarship fund that gives high school students an experience in Ghana for a month. Headed up by **Mark Johnson**, the third-world Project's purpose is to give students "a new perspective on what is important in life and how fortunate they are to live with the privileges that are often taken for granted." Amen.

SINGLE TRACKS Burlington a cappella band **Random Association** got a boost up the cross, but ladder: Their eponymous CD was picked up by a West Coast distributor, appropriately called Primarily A Cappella... The R.U.1 2? Community Center is proud to announce a new open mike for G/L/B/T performers and allies, featuring poetry, music, stand-up, karaoke, whatever. The coffeehouse comes out, as it were, this Saturday at Stone Soup in Burlington... If you've ever dreamed about **Breakaway** with lots and lots of fiddles, here's your dream come true: The bluegrass greats will perform January 28 with the **Vermont Symphony Orchestra** at the Flynn Theatre. What a hoedown!... **The Hollowins**' latest, *Got and Nothing*, is in regular rotation at M.I.T.'s WMBR radio. We knew those students were smart... It's supergroup city at Higher Ground this week. Sunday night **The Justice League** (**T Lavitz, Jimmy Herring, Bobby Vega, Richie Hayward**) pass like hell, while Tuesday night **Blue Floyd** (**Alan Woody, Matt Abts, Mark Ford, Ed Harsh, Berry Oakley Jr.**) interprets the music of guess who. **Plus**

Band name of the week: Clown Control

rEviEwsrEviEwsrEviEwsrEviEwsrEviEwsrEviEw

BAG OF PANTIES, ***TOMORROW SHALL BE MY DANCING DAY*** (Bergen St. Records, CD) — Ah, to play pop-rock in present times: what a conundrum the endeavor presents. Since we've "heard it all before," a rock band circa 2000 simply must possess a special something to make itself an entity worthy of attention. Samples, distorted guitar effects, circular grooving and hip-hop tendencies help Bag of Panties forge a somewhat unique flavor, but for me the modernist underpinnings and sound sketches that stand out as original are less prevalent than the alt-rock conventions directing this Burlington/New York-based band. Spacey-guy vocals and crunchy guitars recall other bands popular in the '90s, though singer Chris Lenox certainly is an uninhibited stylist. The funky psychedelic guitar swell (on "Ricochetter") and synth-guided electro-bleeps (on "Granulator") are nice, though for my taste don't offer enough embellishment. Nevertheless, *Tomorrow Shall Be My Dancing Day* offers well-constructed pop hooks by Lenox, and is saved by an overall feeling of sincerity. I have to give props, too, to the fine playing here: guitar from Josh Machum, bass from both Jason Cooley and Glenn Severance, and drums by Pascal Spengemann. Production credits are split between Jamie Wygmans and Bill Mullins, and on "Catastrophe" to Pistol Stamen. Those less jaded than myself who savor the pop-rock vibe will certainly find enjoyment in these tunes. I have to admit I met a handful of them with a strikingly diminished level of hub-humbug upon second listen. (That wasn't *me* humming along, was it?) More closely inspected, Bag of Panties' originality emerges in the form of subtle stylistic intricacies that differ from song to song and reach well back into rock's roots. The upbeat folk strumming found on "Catastrophe" stands out nicely alongside the dirgy "New Jerusalem" that follows, which in turn contrasts with the passionate crooning of "Angels of Hollywood." To their credit, B.O.P. make a valiant attempt to turn an aging style of music into something interesting. So while I'm personally not predisposed to pop, anyone who still gives spin-time to their Replacements and Hüsker Dü LPs should definitely give *Tomorrow Shall Be My Dancing Day* a serious inspection. Bag of Panties celebrate their debut disc this Saturday at Club Metronome. Note: It's an early show.

— *Jeff Faccillo*

RYAN OBER, ***RODEO*** (self-released CD) — Let it be said right off that *Rodeo*, Ryan Ober's debut solo CD, is a lo-lo-fi piece of work, and with that aesthetic out front, one's expectations fall into place accordingly. Overall, the 12-song disc comes off as after-hours-at-the-cabaret noodlings, but which just happens to have been recorded in the bathroom. In fact, a four-track at the Kennel and "Ry's apartment" are credited, but the Burlington singer-songwriter (and Invisible Jet guitarist) clearly was going for a different sound than that of his band's previous highly produced release. Call it low on production values, high on attitude. Call it Tin Pan Alley on the skids. Taking this into account, *Rodeo* is no barking bronco, a meandering mare is more like it. I mean this in a good way: the reverby underwater sound has a strange appeal, the sonic equivalent to a particularly dreamy *reverie*. And that's not to say there isn't the occasional good pop hook or songs crafted with care; it just *sounds* made-up-on-the-spot, somehow. Ober possesses a voice like sandpaper on velveteen, slightly nasal, which works well with the overall lassitude and generally shuffling pace of this collection. Appropriately, too, he resists the guitar solo-as-temptation to overplay, and weaves through contributions from pals Eric Olsen, Tom Lawson and Jeremy Frederick, who guest here and there on bass and drums. One of my favorites is "Kissing Booth," ostensibly a love song about a smoocher at the fair but with a cool, darky, spooky feel. I also like the rough-edged, honky-tonkish "Jezebel," which could easily have come from the mouth of Levon Helm; the hypnotic, mid-tempo "Dance Hall"; the alt-blues-boogie-ish "Come Where Chicago"; and the closer "Monster Truck," sort of a parody of white-boy funk. Advisors should have been called in, though, for the cornball-cute "Suppose" and the odd little detour "Alright." While the usual musical categories — pop, blues, funk, etc. — must be invoked in describing *Rodeo*, the truth is these dozen songs don't quite fit any of 'em. Ryan Ober has managed to create the recording parallel of a wedding: something old, something new, something borrowed, and something blue. Congratulations to the Muse.

— *Pamela Polston*

sOUnd AdviCe

MOUTHING OFF It's a little early for Mardi Gras, but we'll take it — even if winter's come late to town, hot stuff on stage is always welcome. Cowboy Mouth harness all the heat of New Orleans gumbo in their zydeco/cajun/rock 'n' roll, and throw in enough antics to make sure you realize a damn *bon ton*. This Monday at Higher Ground, and next Wednesday at the Pickle Barrel. The Uninvited and Paul Sanchez (Cowboy's rhythm guitarist) open.

continued from page 29

U.N.I. (reggae), Mad Mountain Tavern, 9 p.m. $5
FULL TILT BOOGIE (rock), Blue Tooth, 9 p.m. $3
TIN PAN ALLEY (acoustic rock), Charlie B's, Stoweflake, 8:30 p.m. NC.
DUB SQUAD (reggae), Matterhorn, 9 p.m. $3-5
DAVE KELLER BLUES BAND Mountain Roadhouse, 9 p.m. NC.
ABAIR BROS. (rock), Rusty Nail, 8 p.m. $5
AUGUSTA BROWN (rock), Charlie O's, 9 p.m. NC.
THE X-RAYS (rockabilly/rock), Nightspot Outback, 9 p.m. $5-7
YASGUR'S FARM, PARROTVILLE (rock), Wobbly Barn, 9 p.m. $6-8
ROY MASON BAND (alternative pop), Toadstool Harry's, 9 p.m. $3
OPEN MIKE, Rasputin's, 9 p.m. NC.
MIKE PELKEY & FRIENDS (acoustic), Nectar's, 9:30 p.m. NC.
COWBOY MOUTH, UNINVITED, PAUL SANCHEZ (New Orleans party band), Higher Ground, 9 p.m. $10/12
JERRY LAVENE (jazz guitar), Chow! Bella, 6 p.m. NC.
OPEN STAGE, ANDY PLANT (acoustic), Community Coffeehouse, Horn of the Moon, 8:30 p.m. NC.
MIGHTY BLUES WORKSHOP (jam session), Mountain Roadhouse, 9 p.m. NC.
Q BASS (funk-rock), Wobbly Barn, 9 p.m. $6-8
BIG WU (jam rock), Nightspot Outback, 9 p.m. NC.

23
SUNDAY

DAYVE HUCKETT (jazz guitar), Sweetwaters, 11:30 a.m. NC.
SUNDAY SESSIONS (trad. Irish), Ri Ra, 5 p.m. NC.
SUNDAY NIGHT MASS (DJ), Club Metronome, 9 p.m. $2.
THE DETONATORS (rock/blues), Nectar's, 9:30 p.m. NC.
DJ FROSTY (dance), 135 Pearl, 10 p.m. $2/3
TOP HAT DJ (hip-hop), Rasputin's, 9:30 p.m. NC.
JUSTICE LEAGUE OF AMERICA, BIG WU (supergroup: members of Jazz is Dead, Aquarium Rescue Unit, Little Feat and more; jam rock), Higher Ground, 9 p.m. $12/14
KARAOKE W/MATT & RONNIE DRAKE Edgewater Pub, 9 p.m. NC.
JAZZ BRUNCH, Bridge St. Café, 10 a.m. NC.
COLIN McCAFFREY & FRIENDS (acoustic), Capitol Grounds, 11 a.m. NC.
ADAM ROSENBERG (singer-songwriter), La Brioche, 11 a.m. NC.
PARROTVILLE (rock; Jimmy Buffett night), Wobbly Barn, 9 p.m. $6-8

24
MONDAY

ALLEY CATS JAM W/HERBAN BROS. (rock), Alley Cats, 9:30 p.m. NC.
DAVE GRIPPO (funky jazz), Red Square, 9:30 p.m. NC.

25
TUESDAY

RIBOFLAVIN JAZZ DUO, Leunig's, 7:30 p.m. NC.
OPEN MIKE (acoustic), Burlington Coffeehouse at Rhombus, 8 p.m. Donations.
DRAG RINGO W/LADY ZENO, 135 Pearl, 8 p.m. NC.
MARTIN & MITCHELL (DJs), Club Metronome, 9 p.m. $2.
THE ABAIR BROS., Nectar's, 9:30 p.m. NC.
JAMES HARVEY (jazz), Red Square, 9:30 p.m. NC.
FLASHBACK ('80s DJ Dance Love), Millennium Nightclub, 9 p.m. $2/NC.
BASHMENT (reggae/dancehall DJs), Ruben James, 10 p.m. NC.
RUSS & CO. (rock), J.P.'s Pub, 9:30 p.m. NC.
BLUE FLOYD (Pink Floyd tribute supergroup: members of Gov't Mule, Allman Bros., Black Crowes, etc.), Higher Ground, 9 p.m. $16/18
DAVE KELLER & ANDY HARRIS (acoustic blues), Bridge St. Café, 6 p.m. NC.
MABIS (acoustic), Three Mountain Lodge, 6 p.m. NC.
BIG WU (jam rock), Nightspot Outback, 9 p.m. NC.

⑦

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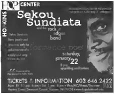
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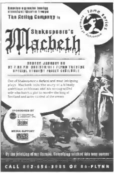
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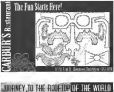
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MACBETH

To Do List

by gwenn garland

CaleNdar

january 19-26

19 wednesday

music

• Also, see listings in "Sound Advice."

FARMERS' NIGHT CONCERT: Politics gets percussive at this kick-off concert by the 40th Vermont Army Band. State House, Montpelier, 7:30 p.m. Free. Info, 828-2245.

OPEN MIKE NIGHT: Bring your own talent to a performance potluck at Smuggler's Notch Inn, Jeffersonville, 7-9 p.m. Donations. Info, 644-5721.

VAUGHAN RECITAL SERIES: Flute students pipe up in a concert of classical works. Faulkner Recital Hall, Hopkins Center, Dartmouth College, Hanover, N.H., 12:30 p.m. Free. Info, 603-646-2422.

drama

'PETER PAN' AUDITIONS: Prospective "lost boys" and pirates try out for Lyric Theatre's spring production. Community College of Vermont, Burlington, 6:30-9:15 p.m. Free. Info, 651-9321.

film

'KILLER THRILLER' DOUBLE FEATURE: Anthony Hopkins won an Oscar for his role as a serial killer in *Silence of the Lambs.* A vacationing family is tormented by two polite psychopaths in *Funny Games.* Spaulding Auditorium, Hopkins Center, Dartmouth College, Hanover, N.H., 6:45 & 9 p.m. $6. Info, 603-646-2422.

'INCIDENT AT OGLALA': This documentary recounts the FBI shootout that ended with the jailing of Native American activist Leonard Peltier. Loew Auditorium, Hopkins Center, Dartmouth College, Hanover, N.H., 9 p.m. $1. Info, 603-646-2422.

art

• Also, see exhibit openings in the art listings.

FIGURE DRAWING: The human figure motivates aspiring and accomplished artists in a weekly drawing session at the Firehouse Gallery, Burlington, 6:30-9:30 p.m. $3-6. Info, 865-7165.

OPEN PAINTING: Bring your paintbrush and palette to this creative expression session. Art Gallery of Barre, 1-4 p.m. Free. Info, 476-1030.

talking dirty: It's not just books and tapes driving e-commerce on the Internet. The gutter that runs alongside the information superhighway has spawned more than 60,000 pornographic sites, and virtually all of them turn a healthy profit. Other innovations have boosted adult entertainment in the '90s: The growth of 900 numbers and inexpensive camcorders have allowed the industry to quietly grow to one that rakes in $10 billion annually. Burlington attorney and Internet consultant Frederick Lane reads and signs *Obscene Profits*, his book on the booming adult business. Available online, of course.
Thursday, January 20. Borders, Church Street Marketplace. 7 p.m. Free. Info, 865-2711.

green panthers: Someone has to make fun of the same-sex marriage debate. Once regulars on Vermont Public Radio, the Panther Players have plenty of experience dissing sacred socio-political cows. Many original cast members are back for a reunion performance. Panther originator Bill Boardman is a side judge now, but penned the new work. Count on guest appearances by ex-cast members such as state senator Dick McCormack and Montpelier City manager Bill Fraser, and a strong showing by Rusty Dewees and Tammy Fletcher in songs and sketches that lovingly lampoon the state.
Thursday & Friday, January 20-21, 8 p.m. Saturday, January 22, 2 & 8 p.m. Sunday, January 23, 6:30 p.m. Lost Nation Theater, Montpelier. $14-18. Info, 229-0492.

chopin stopper: Ivan Moravec is considered by many to be one of the greatest pianists of the 20th century. But it's not surprising if his name doesn't sound familiar — the Prague native has eschewed the spotlight during much of his career, preferring to teach and practice. During his 35-year career, Moravec has made Mozart and Chopin his specialty. A known perfectionist, he is apparently drawn to composers accused of using "too many notes." His all-Chopin program, timed to coincide with the 150th anniversary of the Polish composer's death, features all 24 Preludes, six Nocturnes and the Ballade No. 1.
Friday, January 21. Concert Hall, Center for the Arts, Middlebury College. 8 p.m. $9. Info, 443-6433.

poetically correct: "It's damn near impossible to understand what contemporary black poets are doing without understanding what's going on with black music and its relationship to black speech and black literature," says Sekou Sundiata. The innovative performance poet draws on musical influences from John Coltrane to Aretha Franklin for his rhythmic wordplay, and has collaborated with former Living Colour guitarist Vernon Reid on recordings. A jazz band, Rock of Edges, backs him up at his upcoming reading.
Saturday, January 22. Spaulding Auditorium, Hopkins Center, Dartmouth College, Hanover, N.H. 8 p.m. $18.50. Info, 603-646-2422.

midwinter tales: Wanna be involved in a marathon that doesn't require excessive sweating? Listening is all that's required at The Writers Read For COTS — a five-hour adult "story time" featuring 11 local authors, including David Huddle, Chris Bohjalian and Ron Powers. It's a great reason to come out of the cold — and a chilling reminder that not everyone can. Proceeds benefit the Committee on Temporary Shelter, which provides places for the homeless to live year round. Writers who couldn't attend, like Julia Alvarez, sent books to raffle off.
[illegible]
864-7402.

great scot: Talk about husband-and-wife drama. The dangerous duo in *Macbeth* is an ambitious nobleman and his scheming spouse who plot to kill the King of Scotland and seize control of the crown. Gore abounds — on stage, at least. At first mention, Macbeth has cut an enemy open "from nave to chops." Nonetheless, wifey complains her hubby is "too full o' th' milk of human kindness." Legend has it fires, falls and other stage injuries have plagued past productions. But superstition isn't keeping the Lane Series from going on with the show. We got a hunch the The Acting Company can handle it.
Sunday, January 23. Flynn Theatre, Burlington. 7:30 p.m. $11-26. Info, 656-4455.

words

OETRY READING: Anna ckmer and Chico Martin read their respective works at mbus Gallery, 186 College St., lington. 8 p.m. $3-6. Info, -0569.

ANCY MEANS WRIGHT: he mystery author heads up a literary investigation of her novel, *ent of Bones*. A signing follows Barnes & Noble, S. Burlington, p.m. Free. Info, 864-8001.

ids

ONG & STORYTIME: Three company at this singing readlong. Fletcher Free Library, rlington. 10-10:30 a.m. Free. fo, 865-7216.

STORYTIME: Young readers ages to five learn from lighthearted literature, songs and activities at the S. Burlington Community Library. 11 a.m. Free. Register, 652-7080.

TINY TOT STORYTIME: The three-and-under crowd hears stories read aloud. Barnes & Noble, S. Burlington. 10 a.m. Free. Info, 864-8001.

PARENT-CHILD BOOK GROUP: Grown-up readers and their 11-to-13-year-old kids get on the same page of Philip Pullman's *Golden Compass*. Deerleap Books, Bristol. 7-8 p.m. Free. Info, 453-5684.

sport

COLD WEATHER OUTING DISCUSSION: Experts and amateurs talk about the clothing, equipment, skills and conditions that make up a sporting new England winter. Green Mountain Club, Waterbury Center, 6:30-9 p.m. $7. Register, 244-7037.

etc

HIGH SCHOOL VOLUNTEERISM TALK: Students and their parents learn about work opportunities in other countries following a slide show of one volunteer's trip to Grenada. Fletcher Free Library, Burlington, 7 p.m. Free. Info, 865-7216.

COMMUNITY DINNER PLANNING: Bring menu and community outreach ideas to a meeting about February's Old North End meal. Chittenden Emergency Food Shelf, 228 N. Winooski Ave., Burlington. 5:30-7 p.m. Free. Info, 864-0984.

WALDORF OBSERVATION DAY: Adults go back to school to sit in on classes at the Lake Champlain Waldorf School, Shelburne. 8:30-10:30 a.m. Free. Info, 985-2827.

'A TASTE OF ITALY': A wine tasting provides samples of various wine from around Italy. Pandora's Fine Wine & Cheese, Bolton Valley. 6:30 p.m. $12. Info, 434-4241.

20
thursday

music

- Also see listings in "Sound Advice."

'FOLK AT THE WOOD': Local fiddler and composer Pete Sutherland pairs up with Franco-American chanteuse Michele Choiniere. T.W. Wood Art Gallery, Vermont College, Montpelier. 7:30 p.m. $12. Info, 229-4668.

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Called "the Jimi Hendrix and Django Reinhardt of the pedal steel (Real Blues)," guitarist Chuck Campbell, with his brothers on lap steel and electric guitars, join powerhouse gospel diva Katie Jackson to create soul-stirring gospel excitement. Blues guitarist and vocalist Geoff Muldaur, known for his influential work with Jim Kweskin, Paul Butterfield and Maria Muldaur, opens the rollicking double bill.

HEAR the Campbell Brothers and Geoff Muldaur NOW at the FLYNN/BORDERS LISTENING POST

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Classes start soon, so don't delay— stop in for a schedule today! We have all the lessons and materials to launch you on a rewarding, lifelong hobby

THE NORTHEAST FIBER ARTS CENTER

Calendar

january 19-26

drama

'PETER PAN' AUDITIONS: See January 19

'BLUE FOREST': Middlebury grad Katherine Berry Swarm penned this play about Viola Chittenden White — librarian, socialist, feminist and poet. Studio Theatre, Center for the Arts, Middlebury College, 8 p.m. $4. Info, 443-6433.

'CABARET SHAKESPEARE': James Hogue presents "bawdy, boisterous flashes of the Bard" in a one-man show at Heaton Woods, Montpelier, 2 p.m. Free. Info, 229-1857.

film

'LUMINARIAS': Four Latinas wrestle with love, sex, divorce, success and resentment in José Luis Valenzuela's comic film. Loew Auditorium, Hopkins Center, Dartmouth College, Hanover, N.H., 7 p.m. $6. Info, 603-646-2422.

words

'OBSCENE PROFITS': Burlington writer Frederick Lane talks about his book on the business of producing pornography in the cyber age. See "to do" list, this issue. Borders, Church Street Marketplace, Burlington, 7 p.m. Free. Info, 865 2711.

BEN PASTOR: The Norwich prof reads from her novel *Lumen*, a tale of intrigue in German-occupied Poland. Barnes & Noble, S. Burlington, 7 p.m. Free. Info, 864-8001.

WRITING WORKSHOP: Steve Shepard leads a session for aspiring authors at Barnes & Noble, S. Burlington, 7 p.m. Free. Info, 864-8001.

SCI-FI AND FANTASY BOOK GROUP: Fans of out-of-this-world literature touch down to discuss *The Bones of Time* by Kathleen Goonan. Barnes & Noble, S. Burlington, 7 p.m. Free. Info, 864 7505.

'FAMILY SCRAPBOOK' DISCUSSION GROUP: A reading roundtable geared toward older adults peruses *A Family Album*, by Ronald Alvarez and Susan Calhoun Kline. Holy Cross Senior Housing Center, Colchester, 2 p.m. Free. Info, 879-7576.

BOOK GROUP MEETING: Readers reflect on *Angela's Ashes*, Frank McCourt's memoir of a disadvantaged Irish youth. Book Rack, Champlain Mill, Winooski, 7 p.m. Free. Info, 655 0231.

POETRY WORKSHOP: David Weinstock leads a three-hour intensive class for wannabe writers at the Ilsley Public Library, Middlebury, 1 p.m. Free. Info, 388-7523.

POETRY SLAM: Performance poet Sekou Sundiata is among the judges of this student word wrangle. See "to do" list, this issue. Alumni Hall, Hopkins Center, Dartmouth College, Hanover, N.H., 10 p.m. - midnight. Free. Info, 603-646-2010.

kids

NEW BOOK STORY TIME: The four-and-up crowd closes in to hear *From a Distance* read aloud. Barnes & Noble, S. Burlington, 3:30 p.m. Free. Info, 864-8001.

STORY & CRAFT TIME: Kids three and up engage in artful educational activities. Fletcher Free Library, Burlington, 10-10:45 a.m. Free. Info, 865 7216.

PARENT-CHILD BOOK GROUP: Grown-up readers and their nine- and 10-year-old kids get on the same page of Dorothy Canfield Fisher's *Understood Betsy*. Deerleap Books, Bristol, 7-8 p.m. Free. Info, 453-5684.

sport

FULL MOON SNOWSHOE: Hot cocoa comes after a family hike in the winter woods around the VINS North Branch Nature Center, Montpelier, 7-8 p.m. $4. Info, 229-6206.

WOLF MOON SNOWSHOE: Dress in layers for a moonlit tromp in Hubbard Park. Meet at Main St. Middle School, Montpelier, 6 p.m. Free. Register, 223 7035.

GROUP SKI: Hit the trails with other winter sport enthusiasts. Highland Lodge, Greensboro, 9:45 a.m. Free. Register, 533-2647.

etc

BOB KEESHAN: Captain Kangaroo launches a national book drive, with a lecture about television, the electronic media and children's literacy. Ross Lounge, Ross Dormitory, Middlebury College, 4:30 p.m. Free. Info, 443-5198.

'PANTHER CLASSICS': A comedy troupe once heard on Vermont Public Radio, the Panther Players perform political and social satire onstage. Lost Nation Theater, City Hall Arts Center, Montpelier, 8 p.m. $18. Info, 229-0429.

BATTERED WOMEN VOLUNTEERS: Volunteers attend an orientation session covering domestic violence education and opportunities with Women Helping Battered Women. UVM Women's Center, 34 South Williams St., Burlington, 7-9 p.m. Free. Info, 658-3131.

ADOLESCENT PARENTING TALK: Parents of kids between 10 and 14 learn about the physical, intellectual and social changes facing their children. St. Mark's Educational Center, Burlington, 6:30-8:30 p.m. Free. Info, 864-7467.

GLBTQ SUPPORT GROUP: Gay, lesbian, bisexual, transgendered and questioning youth make new friends and get support. Outright Vermont, Montpelier, 7 p.m. Free. Info, 800-452-2428.

SEXUAL ASSAULT SURVIVORS GROUP: Victims of violence support and educate their peers. Puffer United Methodist Church, Morrisville, 6:30-8 p.m. Free. Info, 888-5256.

21 friday

music

- Also see listings in "Sound Advice."

IVAN MORAVEC: The celebrated pianist performs a program of works by Chopin including six Nocturnes, Ballade No. 1 and the 24 Preludes. See "to do" list, this issue. Concert Hall, Center for the Arts, Middlebury College, 8 p.m. $9. Info, 443-6433.

AFRICAN BENEFIT CONCERT: Local groups Sambatucada, Jeh Kulu and Sankofa bang it out to benefit a local student group looking to spend a month in Ghana. Mount Abraham Auditorium, Bristol, 7 p.m. Donations. Info, 453-4049.

CHARLIE MESSING & BE THAT WAY: Burlington's "advanced folk rock" band plays a set for shoppers at Borders, Church Street Marketplace, Burlington, 8 p.m. Free. Info, 865 2711.

HEIDI HOWES: The local singer-songwriter performs jazz-influenced folk songs at Deerleap Books, Bristol, 7-9 p.m. Free. Info, 453-5684.

JAMES HARVEY TRIO: The piano jazz ensemble sets a cool mood for diners at Villa Tragara, Waterbury Center, 6:30 p.m. $5. Info, 244 5288.

LYDIAN STRING QUARTET: The chamber music ensemble performs works by Beethoven and Mozart and premieres a new work by New England composer Lee Hyla. Spaulding Auditorium, Hopkins Center, Dartmouth College, Hanover, N.H., 8 p.m. $18.50. Info, 603-646-2422.

dance

LATINO DANCE PARTY: Deejay Hector "El Salsero" Cohen spins discs at a spicy shakedown for Latin lovers. Dockside Cafe, Burlington, 10 p.m. - 1 p.m. $5. Info, 862-5082.

drama

'BLUE FOREST': See January 20

art

- See exhibit openings in the art listings.

Friday Jan 21-Thurs., Jan 27
6:30 & 8:45 (SAT & SUN 1:30)
RICHARD FARNSWORTH
BEST ACTOR
the Straight story
CHILDREN'S FILM SERIES
Saturday 1/22 11am
NATIONAL VELVET
WORLD CINEMA SERIES
Saturday 1/22 & Sun 1/23 4pm
WEST BEIRUT LEBANON
Savoy Theater
26 Main St/Montpelier/229-0509

SEVEN DAYS

Club Metronome
Free Beer & Chicken
Fat Mama
Sat 1/22
Sunday Night Mass

RED SQUARE
BAR AND GRILL
REAL WARM
JO MO FO — GROOVE — 9 P.M.
WIDE WAIL — ALT POP — 9 P.M.
FUNKY MIRACLE — IF YOU LIKE THE METERS...
ULU — FROM N.Y.C. — 9 P.M.
(11) SHOPPING DAYS LEFT
GRIPP-O-MATIC — FUNK O RAMA — 9 P.M.
JAMES HARVEY — JAZZALICIOUS — 9 P.M.
136 CHURCH STREET • BURLINGTON

V.P.B. BURNS NIGHT
With our 7th Annual
Single-Malt Scotch Tasting
Tuesday, Jan. 25, 7pm
• 12 Single-Malt Scotch Whiskeys
• Scottish Fare Including Pub Haggis
• Scottish Storyteller Tracy Chipman
• Bag Pipes, Poetry, & Fun
$30 per person, reservations recommended
VERMONT PUB & BREWERY
144 COLLEGE ST. • BURLINGTON • 865-0500

Calendar

words

'CHICK' SLAM: Men are welcome to watch the wrangling, but women get the first — and last — words in this poetry competition. Rhombus Gallery, 186 College St., Burlington. 8 p.m. $5. Info, 865-0569.
DAVID BUDBILL: The *Judevine* author and Walcott "hermit" poet reads his poetry at the Book Rack, Champlain Mill, Winooski. 7 p.m. Free. Info, 655-0231.
ROBERT FROST AND THE REAL VERMONT: Geof Hewitt leads a talk about images of Vermont — in particular, Frost's portrayal of the state. Vermont Leadership Center, E. Charleston. 7 p.m. Free. Info, 723-4705.

kids

SONG & STORYTIME: See January 19. 10:15-10:45 a.m.
'MUSIC WITH ROBERT AND GIGI': Kids sing songs with Robert Resnik and his fiddle-playing friend Gigi Weisman. Fletcher Free Library, Burlington. 11-11:30 a.m. Free. Register, 865-7216.

etc

'PANTHER CLASSICS': See January 20.
GLBTQ SUPPORT GROUP: See January 20. Outright Vermont, Burlington. 6:30-9 p.m. Free. Info, 800-452-2428.

22
saturday

music

•Also see listings in "Sound Advice."

BROADWAY SONG WORKSHOP: Fans of show tunes join or sit in on a session led by William Reed and Michael Lavoie. Center for the Arts, Room 221, Middlebury College. 9 a.m. Free. Info, 443-3096.
IAIN MACHARG: The piper and founding member of Whisky Before Breakfast performs traditional Celtic tunes. Chandler Music Hall, Randolph. 8 p.m. $10. Info, 728-9133.
KINGDOM COFFEEHOUSE: The monthly show highlights young talent with performances by two 17-year-olds, Island Pond musician Mary Dumont and bluegrass and jazz fiddler Patrick Ross. Vermont Leadership Center, E. Charleston. 7 p.m. Donations. Info, 723-4705.

dance

CONTRA DANCE: Lausanne Allen calls for Atlantic Crossing at this northern-style community hoedown. Holley Hall, Bristol. 8 p.m. $6. Info, 388-4548.

drama

'BLUE FOREST': See January 20.

film

'ALWAYS OUTNUMBERED': Michael Apted directed Laurence Fishburne as a good-hearted ex-con in this adaptation of a Walter Mosely story. Dana Auditorium, Center For the Arts, Middlebury College. 3 & 8 p.m. Free. Info, 443-6433.
'NATIONAL VELVET': The young Elizabeth Taylor stars in the story of a girl who trains a beloved horse for a big race. Savoy Theater, Montpelier. 11 a.m. $3. Info, 229-0598.
'WEST BEIRUT': Three teenagers wander the war-torn city with a Super 8 camera, looking for adventure. Savoy Theater, Montpelier. 4 p.m. $5. Info, 229-0598.
'TWIN FALLS IDAHO': Director Michael Polish stars with his twin brother Mark in a story of a romance between conjoined twins and the hooker they hire. Loew Auditorium, Hopkins Center, Dartmouth College, Hanover, N.H. 7 & 9:15. $6. Info, 603-646-2422.

art

• See exhibit openings in the art listings.

words

LEAGUE OF VERMONT WRITERS: Columnist Debbie Salomon, novelist Elizabeth Inness-Brown, Rep. Bernie Sanders and Huck Gutman talk about their writing and publishing experiences. Hampton Inn, Colchester. 8 a.m. $25. Info, 865-9213.
SEKOU SUNDIATA: The New York performance poet gets rhythmic backup from the Rock of Edges band. See "to do" list, this issue. Spaulding Auditorium, Hopkins Center, Dartmouth College, Hanover, N.H. 8 p.m. $18.50. Info, 603-646-2422.

kids

VENETIAN MASK WORKSHOP: Children view a slide show about the art of mask making and then get a chance to try it themselves. Fleming Museum, UVM, Burlington. 1-2:30 p.m. $10. Register, 862-2595.
'EDIBLE INSECTS': Nearly 80 percent of the world feasts on bugs cooked up in a variety of crunchy ways. Eight-year-olds get an intro to insect eating at Shelburne Farms. 1-4 p.m. $6. Register, 985-8686.

sport

BEGINNER WINTER HIKE: Novice snowshoers enjoy a two-mile trek to Roundtop Shelter in Johnson. Green Mountain Club, Waterbury Center, 9 a.m. - 3 p.m. $15. Register, 244-7037.
MOUNT HUNGER SNOWSHOE: The Appalachian Mountain Club leads a difficult 3.8-mile tromp up the Waterbury Trail. Meet at 9 a.m. Free. Register, 223-7035.
SPRUCE LEDGE CAMP SNOWSHOE: Get views of Ritterbush Pond and Belvidere Mountain on a hike through Devil's Gulch with the Burlington section of the Green Mountain Club. Register, 878-6773.
SNOWSHOE NATURE WALK: A naturalist leads a woodland tromp that tracks the winter life of plants and animals. Highland Lodge, Greensboro. $5-7. Register, 533-2647.

etc

'PANTHER CLASSICS': See January 20, 2 p.m. $14. 8 p.m. $18.
HOT STOVE BANQUET & AUCTION: Bid on sports memorabilia and spa treatments at a fundraiser hosted by the Vermont Expos for the Lund Family Center. Radisson Hotel, Burlington. 5 p.m. $50. Info, 655-4200.
CHINESE MEDICINE TALK: Representatives from the New England Center of Acupuncture and Herbology make a point about Chinese healing arts. Fletcher Free Library, Burlington. 10:30 a.m. - noon. Free. Info, 985-0718.
LIVING WITH DEMENTIA: The Alzheimer's Association hosts a daylong course for friends and family of individuals with dementia. Whitney Hill Homestead Community Room, Williston. 9 a.m. - 4 p.m. $10. Info, 229-1022.
BATTERED WOMEN VOLUNTEERS: Volunteers attend an intensive training session for direct service with Women Helping Battered Women. 8:45 a.m. - 5 p.m. Free. Register, 658-3131.
TASC DESIGN DISPLAY: The top team of this year's Technology and Science Connection design competition shows their winning works. University Mall, S. Burlington. noon - 2 p.m. Free. Info, 656-8748.
SLEIGH RIDES: Weather permitting, nothing takes you back like a dash through the snow o'er the fields of Shelburne Farms. 11 a.m. - 2 p.m. $5. Info, 985-8442.
WINE TASTING: Get in touch with your inner oenophile at an introduction to various wines. Wine Works, 133 St. Paul St., Burlington. noon - 4 p.m. 50¢ per taste. Info, 951-9463.
TERMINAL ILLNESS SUPPORT GROUP: Caregivers of people who are terminally ill and others coping with death

RÍ RÁ
SUNDAYS
THE CROPPIES
Traditional Irish music & songs, [illegible]
"YANK" NIGHT
Catch all of your favorite sporting events on our "BIG" screen
Television reception.
Steve Tuckman 7-8:30pm
A.Y.C.E. Wings 9 til midnight only $6.95
Coors Light & Bud Light Bottles only $2
PUB QUIZ TUESDAYS
Come in and rack your brain with other teams while competing for tons of prizes. The fun starts with "Quizmaster Roy" at 8:30pm
WEDNESDAYS
"Have you had your Humble Potatoes today?"
Try Magic Hat's newest creation available only at Rí Rá, by pint
FRIDAYS
Happy Hour with "[illegible]" 5-7pm
IRISH BREAKFAST
Saturdays and Sundays from noon
Rí-Rá serves Traditional Irish and innovative Pub Fayre daily from 11:30am — Midnight
WE PROUDLY SERVE THE IMPERIAL 20oz PINT!
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Vermont Smoked Porter
2 Cask-Conditioned Ales
Cider Jack
Guinness Pints 3.75
VERMONT PUB + BREWERY

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Free Happy Hour 4 to 8 Mon-Fri!
MON 6 FOOT Handcarved Sub
Great Beer Specials
TUE Cajun Jambalaya
Blues tunes all night.
All blue drinks $3.25
WED Sauté Specialties
22oz. Schooners of Bud/Bud Light/Molson $3 All night!
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Full Menu till 1:00 am every night
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FACTORIA
WITH DJ
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HOTTEST ALL-NUDE CLUB IN THE NORTHEAST
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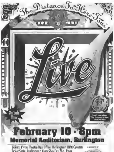
The Distance To Here Tour
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Live's new album "The Distance to Here" in stores now
February 10 · 8pm
Memorial Auditorium, Burlington
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Peacock Music, Plattsburgh • Sound Source, Middlebury
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Charge by Phone 86-FLYNN

HAND DRUMMING WORKSHOP
In African & Cuban Rhythm with Joe Platz
Saturday, January 29, 1-4pm, $20
Church Street Inn, Port Henry, NY
To register, call Dot at 518.546.3322
Joe Platz, with 25 years of experience, has studied in Africa and Cuba under such notable master drummers as Guillermo Lopez, Candido Zayas, Felipe Garcia Villardi and Ricardo "Pablo" Landrum.

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Only 20 minutes from downtown Burlington

Calendar

january 19-26

convene at the Vermont Respite House, 1110 Prim Rd. Colchester. 9-10:30 a.m. Free. Info, 434-4159

23 sunday

music

• Also see listings in "Sound Advice"

ENSEMBLE SOLEIL. The French friendly group integrates live music with video images, dance and narratives in a performance entitled "Music Medicine and Politics at the Versailles Court." McCarthy Arts Center, St. Michael's College, Colchester. 3 p.m. Free. Info, 654-2535

CELEBRATING BACH: Cellist Zon Eastes, harpsichordist Gregory Hayes and flutist Alex Ogle join the student string ensemble in a program of chamber music. Rollins Chapel, Hopkins Center, Dartmouth College, Hanover, N.H., 4 p.m. Free. Info, 603-646-2422.

drama

'MACBETH': The Acting Company stages Shakespeare's Scottish play of superstition and noble treachery. See "to do" list, this issue. Flynn Theater, Burlington. 7:30 p.m. $11-26. Info, 656-4455

film

'WEST BEIRUT': See January 22.

'EYES WIDE SHUT': Stanley Kubrick's final work stars Tom Cruise as a psychiatrist who embarks on a journey into the sexual underworld. Spaulding Theater, Hopkins Center, Dartmouth College, Hanover, N.H. 7:30 p.m. $6. Info, 603-646-2422

art

• See exhibit openings in the art listings.

words

BENEFIT READING: Vermont authors, including David Huddle, Philip Baruth, Chris Bohjalian and Elaine Segal, stage a continuous reading to raise money for COTS. See 'to do' list, this issue. Burlington City Hall Auditorium. 11 a.m. - 4 p.m. Donations. Info, 864-7402

kids

'BLUES FOR KIDS': Dave Keller brings out his blues guitar and harmonica to entertain kids at the Fletcher Free Library, Burlington. 2-2:45 p.m. Free. Info, 865-7216

TRACEY CAMPBELL PEARSON: The author and illustrator of *Where Does Joe Go?* signs her work at the Deborah Rawson Memorial Library, Jericho. 1 p.m. Free. Info, 899-4962.

TEEN BOOK GROUP: Budding bibliophiles discuss *Eva Luna* by Isabel Allende, in a reading roundtable. Deerleap Books, Bristol. 7 p.m. Free. Info, 453-5684

'DRUMS OF NOTO HANTO': A Taiko drumming demo and mask-making workshop prepare kids for a reading by author J. Alison James. Grist Mill, Bristol. 1 p.m. Free. Register, 453-5684

sport

SNOWSHOE HIKE. A moderate-paced six-mile romp leads to views from the Montclair Glen Lodge. Montpelier High School. 8:30 a.m. Free. Register, 223-0918

TRACKING ADVENTURE. An expert naturalist leads an expedition into an Upper Valley habitat to search for signs of forest life. Montshire Museum of Science, Norwich. 8:30 a.m. - 4:30 p.m. $55. Info, 649-2200

etc

'PANTHER CLASSICS': See January 20. 6:30 p.m.

BATTERED WOMEN VOLUNTEERS: See January 22.

SLEIGH RIDES: See January 22.

WINE TASTING: See January 23.

SEX AND LOVE ADDICTS ANONYMOUS: Can't get enough? This free 12-step program meets weekly at 7:30 p.m. Info, write to PO Box 5843, Burlington, VT 05402-5843.

24 monday

music

• Also see listings in "Sound Advice"

CHAMPLAIN ECHOES: Harmonious women compare notes at a weekly rehearsal of the all-female barbershop chorus. The Pines, Dorset St., S. Burlington. 7-9:30 p.m. Free. Info, 862-9500

words

'READING REAL LIFE' BOOK GROUP: Fans of nonfiction uncover *Red Earth White Lies* by Vine Deloria. Deerleap Books, Bristol. 7:30 p.m. Free. Info, 453-5684

etc

STEP PARENTING DISCUSSION: A counselor and stepmother talks about the myths and challenges presented by families formed by second marriages. St. Marks Educational Center, Burlington, 6:30-8:30 p.m. Free. Info, 864-7467

CO-OP HOUSING TALK. Why rent when you can co-op? People committed to building community convene at Burlington Community Land Trust. 5-6 p.m. Free. Info, 862-6244

TAXATION CONFERENCE. David Morris of the Institute for Self Reliance is the keynote speaker at a day of talks about the environmental, economic and social implications of taxes. Capitol Plaza Hotel, Montpelier. 12:30-6:30 p.m. Free. Info, 862-8347

Continued on page 32

COYOTES TEX-MEX CAFE
WEDNESDAY, JANUARY 26TH
¡FIESTA!
$3.00 Cuervo Margaritas
$1.95 Fish Tacos
Prizes! Giveaways!
Everyone wins something!
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Women's 10 week, 1 1 1/2 hour support group
Learn simple yet powerful skills to:
• Change self-defeating patterns
• Allow your voice of wisdom to emerge
• Reduce stress and experience more joy
STARTING
FEB 9 — WEDS. — 10:30-12PM
FEB 10 — THURSDAYS — 5:30-7PM
The Sanctuary for Yoga & Well Being, Shelburne, VT
Rita Frederick, MA
802-985-4961

Classes

teaching a class? call 864.5684 to list it here

acting

MONOLOGUE WORKSHOP: Three Thursdays, February 8, 15 and 22, 6:30-9 p.m. Grace Kiley's Vermont Actor's Workshop, Williston. Register, 864-0119. *Actors learn to prepare audition pieces and practice performance skills using monologue as the medium.*

aikido

AIKIDO OF CHAMPLAIN VALLEY: Adults: Monday through Friday, 5:45-6:45 p.m. and 7-8:15 p.m. Saturdays, 9-11:45 a.m. Children: Tuesdays & Thursdays, 4-5 p.m. Aikido of Champlain Valley, 17 E. Allen St., Winooski. $55/month, $120/three months, intro specials. Info, 654-6999. *Study this graceful, flowing martial art to develop flexibility, confidence and self-defense skills.*

AIKIDO OF VERMONT: Ongoing classes Monday through Friday, 6-7 p.m. and 7-8 p.m. Saturday, 9-10:30 a.m. Sunday, 10-11:30 a.m. Above Onion River Co-op, 274 N. Winooski Ave., Burlington. Info, 862-9785. *Practice the art of Aikido in a safe and supportive environment.*

aromatherapy

SPA NIGHT: Two Thursdays, January 20 and February 17, 6:30-8:30 p.m. Star Root, Battery St., Burlington. $18.15. Register, 862-4421. *Pamper yourself for a night — seated massage, foot reflexology and facials will be available.*

BASIC AROMATHERAPY: Two Thursdays, January 27 and February 3, 6:30-9 p.m. Star Root, Battery St., Burlington. $35. Info, 862-4421. *Explore 15 essential oil profiles, basic blending and carrier oils used in aromatherapy.*

art

PAINTING: Six Wednesdays, January 19 through February 23, 9 a.m. - noon. Bristol. $80. Register, 453-5865. *Explore the world of color in the medium of your choice.*

OIL PAINTING FUNDAMENTALS: Four Thursdays, January 20 through February 10, 10 a.m. - noon. Firehouse Center for the Visual Arts, 135 Church St., Burlington. $75. Register, 865-7166. *Tad Spurgeon teaches adults using a disciplined, semi-classical model, beginning in monochrome and working up to a full palette.*

BEGINNING WATERCOLOR: Six Thursdays, January 20 through February 24, 7-9 p.m. Firehouse Center for the Visual Arts, 135 Church St., Burlington. Info, 865-7166. *Joan Curtis teaches artists with prior drawing experience.*

DRAWING: Eight Tuesdays, January 25 through March 14, 7-9 p.m. Cyclone Grist Mill Arts Center, Bristol. $80. Register, 453-5885. *Practice can make a good draftsperson — this class will show you how.*

'KABBALAH AND CREATIVITY': Sunday, January 30, 11 a.m. - 5 p.m. Forests Edge, Warren. $75 includes lunch. Info, 496-9022. *Learn valuable models for the artistic process based on ancient Jewish mysticism.*

business

'ORGANIZING FOR MAXIMUM EFFICIENCY': Two Wednesdays, January 19 and 26. Womens Small Business Program, Trinity College, Burlington. $75, grants available. Info, 846-7160. *Get your small business organized.*

'START UP': Beginning February 4. Womens Small Business Program, Trinity College, Burlington. $1250, grants available. Info, 846-7160. *Learn valuable skills as you write a business plan.*

'GETTING SERIOUS': Four Mondays, February 7, 14, 21 and 28. Women's Small Business Program, Trinity College, Burlington. $115, grants available. Info, 846-7160. *Explore the possibilities and realities of business ownership, assess your skills and interests and develop a business idea.*

cooking

'WINTER COMFORT FOODS': Monday, January 24, 6-9 p.m. Isabels On the Waterfront, 112 Lake St., Burlington. $40. Register, 865-2522. *Get the recipe for winter well-being at a class on "comfort" cooking.*

craft

RUSTIC FURNITURE: Saturdays, January 29 and February 5 (session I) and March 11 and 18 (session II), 9 a.m. - noon. Mount Abe High School, Bristol. $40/session. Register, 453-5885. *Work with wood sticks to build rustic home furnishings.*

POTTERY/SCULPTURE: All ages and abilities, group classes, private lessons. Day, evening and weekend offerings. Vermont Clay Studio, 2802 Rt. 100, Waterbury Center. Register, 224-1126 ext. 41. *Enjoy the pleasures and challenges of working with clay, whether you've had a lot, a little or no experience.*

PAINTING CERAMICS: Ongoing Wednesdays, 2-3:30 p.m. and 5:30-7 p.m. Blue Plate Ceramic Café, 119 College St., Burlington. Free. Info, 652-0182. *Learn the fundamentals of painting ceramics.*

dance

SWING: Four Thursdays, January 20 through February 10, 6:30-7:30 p.m. (beginner) and 7:30-8:30 p.m. (intermediate). Holley Hall, Bristol. $32. Register, 453-5885. *Learn a variety of dance patterns and proper leading and following techniques, including the Lindy Hop.*

feldenkrais®

AWARENESS THROUGH MOVEMENT®: New series starting in January. Mondays, 7:30-8:30 p.m., 35 King St., Burlington. Fridays, 9-10 a.m., Chace Mill, Burlington. Info, 434-5065. *Enhance coordination, flexibility, strength and awareness with the guided movement sequences of Feldenkrais®.*

AWARENESS THROUGH MOVEMENT®: Six-week sessions, January 10 through February 14. Burlington. Info, 865-7438. *Improve your walking and running using Feldenkrais®.*

health

'MINDFULNESS-BASED STRESS REDUCTION': Two eight-week programs. Mondays beginning February 7, noon - 1:45 p.m. and Tuesdays beginning February 8, 5:15-7 p.m. The Sanctuary for Yoga and Well Being, Shelburne. Info, 985-4961. *Reduce the impact of stress on your body and mind.*

'STRESS DIFFUSION': Saturday, February 19, 10 a.m. - 4 p.m. The Highland Center for Health and Healing, Worcester. $50. Info, 223-3098. *Use shamanic drumming, visualizations and art to reduce stress and bring your life into balance.*

herbs

HERBAL COLD REMEDIES: Wednesday, February 2, 2-4 p.m. Cyclone Grist Mill Arts Center, Bristol. $20. Register, 453-5885. *Learn about herbal remedies for preventing and treating colds.*

kendo

KENDO: Ongoing Wednesdays and Fridays, 6:45-8:30 p.m. Warren Town Hall. Donations. Info, 496-4669. *Develop focus, control and power through this Japanese samurai sword-fencing martial art.*

kids

WINTER LANDSCAPES: Saturday, January 29, 1-3 p.m. Firehouse Center for the Visual Arts, 135 Church St., Burlington. Info, 865-7166. *Lynn Rublee shows 10- to 12-year-olds how to paint winter landscapes using tempera.*

OPEN STUDIO: Three Saturdays, February 5, 12 and 19, 10 a.m. - noon. Firehouse Center for the Visual Arts, 135 Church St., Burlington. Register, 865-7166. *Tom Lawson and Jude Bond assist eight- to 10-year-olds in exploring special projects and media of their choosing.*

language

FRENCH I: FUN FOR BEGINNERS: Ten Mondays, February 7 through April 17, 6:30-8:30 p.m. The Book Rack, Champlain Mill, Winooski. $170 includes Alliance Française membership. Register, 655-0231. *Beginners gain basic conversational skills.*

FRENCH II, LEARNING THE EASY WAY: Ten Mondays, February 7 through April 24, 6:30-8:30 p.m. The Book Rack, Champlain Mill, Winooski. $170 includes Alliance Française membership. Register, 655-0231. *If you can introduce yourself and construct simple sentences in French, take the next step with this class.*

'ITALIAN FOR FUN': Eight Wednesdays, February 9 through March 29, 5:30-7 p.m. The Book Rack, Champlain Mill, Winooski. $120. Register, 655-0231. *Get an introduction to basic Italian vocabulary, important phrases, correct pronunciation and elementary grammar.*

SPANISH: Ongoing individual and group lessons, all levels. S. Burlington. Info, 864-6870. *Join in on the fun of learning a new language.*

ITALIAN: Group and individual instruction, beginner through advanced, all ages. Middlebury area. Info, 545-2676. *Immerse yourself in Italian to get ready for a trip abroad, or to better enjoy the country's music, art and cuisine.*

ITALIAN: Ongoing individual and group classes, beginner to advanced, adults and children. Burlington. Info, 865-4795. *Learn to speak this beautiful language from a native speaker and experienced teacher.*

ESL: Ongoing small group classes, beginners and intermediates. Vermont Adult Learning, Sloan Hall, Fort Ethan Allen, Colchester. Free. Info, 654-8677. *Improve your listening, speaking, reading and writing skills in English as a second language.*

TIBETAN: Class begins in January. Burlington. Info, 660-3605. *Try a language class that wasn't offered in high school.*

meditation

ZEN MEDITATION: Mondays, 4:45-5:45 p.m., Thursdays, 5:30-6:30 p.m., Burlington. Free. Info, 658-6466. *Meditate with a sitting group associated with the Zen Affiliate of Vermont.*

'THE WAY OF THE SUFI': Tuesdays, 7:30-9 p.m. S. Burlington. Free. Info, 658-2447. *This Sufi-style meditation incorporates breath, sound and movement.*

MEDITATION: First & third Sundays, 10 a.m. - noon. Burlington Shambhala Center, 187 S. Winooski Ave. Free. Info, 658-6795. *Instructors teach non-sectarian and Tibetan Buddhist meditation.*

MEDITATION: Thursdays, 7-8:30 p.m. Green Mountain Learning Center, 13 Dorset Lane, Suite 203, Williston. Free. Info, 872-5797. *Don't just do something, sit there!*

GUIDED MEDITATION: Sundays, 10:40 a.m. The Shelburne Athletic Club, Shelburne Commons. Free. Info, 985-2229. *Practice guided meditation for relaxation and focus.*

music

BURLINGTON COMMUNITY CHOIR: Wednesdays, January 26 through May 3, 7-8:30 p.m. Champlain Elementary School, Pine St., Burlington. $40 dues. Info, 865-4422. *Sing gospels, spirituals, folk pop and your wish this vocal group.*

HAND DRUMMING WORKSHOP: Saturday, January 29, 1-4 p.m. Church St. Inn, Port Henry, NY. $20. Register, 518-546-3322. *Joe Plaue teaches African and Cuban rhythms.*

photography

PHOTOGRAPHY: Private or group. Info, 372-3104. *Take workshops in winter landscape photography, join a women's group or take classes in creative and technical camera and darkroom skills.*

reiki

REIKI CLINIC: Two Thursdays, January 20 and February 17, 6:30-8:30 p.m. Spirit Dancer Books, 125 S. Winooski Ave., Burlington. Donations. Register, 660-8060. *Experience Reiki, an ancient non-invasive healing technique which originated in the East.*

REIKI: Classes January through March. Info, 223-5435. *Take classes in Reiki Jin Kei Do and Men Chhie Reiki offering various meditative paths to healing.*

self-defense

KICK-BOXING: Classes beginning January 4. Adults and kids, Tuesdays, 7:30-8:30 p.m., Thursdays, 7:30-8:30 p.m. Burlington. $8/hour. Info, 651-7073. *Refine your balance and sharpen your reflexes — learn kick-boxing for self-defense.*

sexuality

'SEXUAL HAPPINESS': Saturday, January 22, 2-4 p.m. $5. Info, 893-4651. *Ergotte the sexologist offers this class for women on "maintaining desire and reaching orgasm."*

sport

SCUBA: Tuesdays and Thursdays, January 25 through February 17 (session I) and March 21 through April 13 (session II), 6-10 p.m. Mount Abe High School, Bristol. $300/session. Register, 453-5885. *Get ready for a tropical vacation with this class taught by the Waterfront Diving School.*

ICE CLIMBING, MOUNTAINEERING, BACKCOUNTRY SKIING: Weekly classes. Petra Cliffs Mountaineering School, 105 Briggs St., Burlington. Info, 65-PETRA. *Spend a day with these experts and get experience equal to years of climbing, mountaineering or skiing on your own.*

support groups

OVEREATERS ANONYMOUS: Daily meetings in various locations. Free. Info, 863-2655. *Overeaters meet for support around food and health issues.*

VT RESOLVE INFERTILITY SUPPORT GROUP: Wednesday, February 2, 6-8 p.m. New England Federal Credit Union, Taft Corners, Williston. Info, 657-2542. *Talk with others about infertility issues.*

ALCOHOLICS ANONYMOUS: Daily meetings in various locations. Free. Info, 658-4221. *Want to overcome a drinking problem? Take the first step — of 12 — and join a group in your area.*

NARCOTICS ANONYMOUS: Ongoing daily groups. Various locations in Burlington, S. Burlington and Plattsburgh. Free. Info, 862-4516. *If you're ready to stop using drugs, this group of recovering addicts can offer support.*

tai chi

TAI CHI CHUAN: Ongoing Wednesdays, 7:15-9 p.m. Waterbury Tai Chi Club. Info, 434-5067. *Practice Tai Chi in the Yang family tradition, for health and self-defense.*

writing

WRITING AND PUBLISHING ESSAYS: Six Wednesdays, February 9 through March 15, 3:30-5 p.m. Writers at the Champlain Mill: The Book Rack, Winooski. $90. Register, 655-0231. *Write, share and revise two essays, paying attention to vivid description, captivating beginnings and strong endings.*

'WRITING POETRY: A WORKSHOP FOR BEGINNERS': Six Wednesdays, February 9 through March 15, 7:30-9 p.m. Writers at the Champlain Mill: The Book Rack, Winooski. $90. Register, 655-0231. *Let your impulse to write poetry overcome your fear of doing so.*

'CREATING A CALDECOTT WINNER': Friday, February 11, 7 p.m. Writers at the Champlain Mill: The Book Rack, Winooski. $20 includes a copy of the book. Register, 655-0231. *Be part of a panel discussion with the author, illustrator and publisher of Snowflake Bentley.*

yoga

BEECHER HILL YOGA: Monday through Saturday, daytime & evening classes for all levels. Info, 482-3161. *Get private or group instruction in integrative yoga therapy, vigorous yoga or yoga for pregnancy.*

YMCA YOGA: Ongoing classes. YMCA, College St., Burlington. Info, 862-9622. *Take classes in various yoga styles.*

YOGA VERMONT: Daily classes noon, 5:30 p.m. and 7:30 p.m. Saturday and Sunday, 9:30 a.m. Chace Mill, Burlington. Info, 660-9718. *Astanga-style "power" yoga classes offer variety for all levels of experience.*

BURLINGTON YOGA: Ongoing Mondays, 5:30 p.m. Corner of Howard and Pine Sts. Info, 658-3013. *Practice yoga for body and mind.*

List your class here for $7/week or $21/four weeks. Mail info and payment to: Classes, Seven Days, PO Box 1164, Burlington, VT 05402

FLYNN ON STAGE SERIES

trinité

Harold Rhéaume · Catherine Tardif · Jacques Moisan

New Dance From Québec

Monday, January 31 at 7:30 pm

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Three bright stars on the Montréal dance scene present a special evening of dance in which each dancer/choreographer has created a duet for the other two. Catherine Tardif, Harold Rhéaume and Jacques Moisan have among them credits dancing with companies like Fondation Jean Pierre Perreault (1996's *Joe* at the Flynn) and Carbone 14, and have also won acclaim and awards for their own choreography. Their expressionistic, highly charged, emotional work is characteristic of Québec dance.

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Call 86-FLYNN for tickets today!
or visit the Flynn Regional Box Office
153 Main St. • Burlington, VT 863-5966
www.flynntheatre.org

Calendar January 19-26

Continued from page 30

CAMERA CLUB MEETING: Local shutterbugs review a nature photo slide show and a member's pictures of Acadia National Park. 201 Delehanty Hall, Trinity College, Burlington, 7-9 p.m. Free. Info, 864-6485.

WORKER'S RIGHTS: Employees facing discrimination, unsafe working conditions, insurance problems and other labor issues get help from an advocate at the Worker's Rights Center, Burlington City Hall, 2:30-6:30 p.m. Free. Info, 865-7184.

PUBLIC MEDITATION PERIOD: Take a step on the path to enlightenment in an environment that instructs beginners and supports practical thinkers. Pema Shri Tibetan Meditation Center, 12 Hillside Ave., Montpelier, 6:30 p.m. Free. Info, 223-5435.

BATTERED WOMEN'S SUPPORT GROUPS: Women Helping Battered Women facilitates a group in Burlington, 6:30-8 p.m. Free. Info, 658-1996. Also, the Shelter Committee convenes in Montpelier, 5:30-7 p.m. Free. Info, 223-0855.

25 tuesday

music

- Also, see listings in "Sound Advice."

MUSICA FEMINA AUDITION: The local women's choir is looking for new voices. Singers report to UVM Recital Hall, Burlington, 7 p.m. Free. Info, 656-7770.

dance

SCOTTISH COUNTRY DANCE: Bring soft-soled shoes to this wee weekly event, where partners and kilts are both optional. First Congregational Church of Essex Junction, 7:30-9:30 p.m. $4. Info, 879-7618.

'DANCES OF UNIVERSAL PEACE': Circle dances and chants from all over the world bring pacifist people together. Noble Hall, Vermont College, Montpelier, 7:30-9 p.m. $5. Info, 658-2447.

words

BETHANY'S BOOK GROUP: A reading roundtable investigates Barbara Kingsolver's novel *The Poisonwood Bible*. Borders, Church Street Marketplace, 7:30 p.m. Free. Info, 865-2711.

BURLINGTON WRITERS GROUP: Bring pencil, paper and the will to be inspired to

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Call for tickets 864-5741 ext.12 or 86-FLYNN • www.vso.org

Budweiser CONCERT SERIES

EDDIE MONEY
Thursday, January 20

COWBOY MOUTH
Wednesday, January 26

STEEL PULSE
Tuesday, February 1

LITTLE FEAT
Thursday, February 10

PICKLE BARREL NIGHT CLUB

All Shows 21+ Doors at 8pm — Tickets available at all Coconuts & Strawberries or charge at 802.422.3035
Killington Road, Killington • www.picklebarrelnightclub.com

this writerly gathering at the Daily Planet, Burlington, 7-9 p.m. Free. Info, 862-9647.

kids

STORYTIME: See January 19, 10 a.m. & 1 p.m.

etc

PEACE CORPS TALK: The Vermont office of the Peace Corps holds an informational meeting for potential volunteers. Alliot Hall, St. Michael's College, Colchester, 6:30 p.m. Free. Info, 424-8580. An information table operates from 10 a.m. – 3 p.m.

BIODYNAMIC AGRICULTURE LECTURE. Gunther Hauk gives a talk entitled "The Spiritual Foundations of Biodynamic Agriculture." Wolcott Town Hall, 7-8:30 p.m. $10. Info, 888 2480.

FRENCH CONVERSATION GROUP: Freshen up your French, with a Quebecois accent, in this informal social *cercle* at Borders, Church Street Marketplace, Burlington, 6 p.m. Free. Info, 865-2711.

FATHERS AND CHILDREN TOGETHER. Dads and kids spend quality time together during a weekly meeting at the Wheeler Community School, Burlington, 5-7 p.m. Free. Info, 860-4420.

OVEREATERS ANONYMOUS: Compulsive eaters weigh in on body image issues at the First Congregational Church, Essex Junction, 7 p.m. Free. Info, 863-2655.

BATTERED WOMEN'S SUPPORT GROUP: Meet in Barre. 10:30 a.m. – noon. Free. Info, 223-0855.

26
wednesday

music

• Also, see listings in "Sound Advice."

'THE SECOND HURRICANE': Music department students stage Aaron Copland's 1930s opera about community spirit in the face of natural disaster. Concert Hall, Center for the Arts, Middlebury College, 8 p.m. Free. Info, 443-6433.

FARMERS' NIGHT CONCERT: Linda Radtke and John Lincoln offer "Songs from Vermont" at the State House, Montpelier, 7:30 p.m. Free. Info, 828-2245.

film

'DYSFUNCTION JUNCTION' DOUBLE FEATURE: Kevin Spacey plays a family man experiencing a mid-life meltdown in *American Beauty*. Todd Solondz directed the black comedy *Happiness*, a study of suburbia. Spaulding Auditorium, Hopkins Center, Dartmouth College, Hanover, N.H., 6:45 & 9 p.m. $6. Info, 603-646-2422.

art

• Also, see exhibit openings in the art listings.

FIGURE DRAWING: See January 19.

OPEN PAINTING: See January 19.

OPEN CRITIQUE. Catherine Hall leads a critique of the current exhibition at the Firehouse Center for the Visual Arts, Burlington, 6 p.m. Free. Info, 865-7166.

words

'FLASH FICTION 500': Writers offer original short stories in the poetry slam tradition, allowing audience judges to keep score. Rhombus Gallery, 186 College St., Burlington, 8 p.m. $3-6. Info, 865-0563.

'POE'S CHILDREN': UVM profs Tony Magistrale and Sydney Poger discuss their book about the literary legacy of Edgar Allen Poe, Barnes & Noble, S. Burlington, 7 p.m. Free. Info, 864-8001.

'CRIME AND PUNISHMENT' BOOK GROUP: Jay Parille leads an investigation into Sophocles' *Antigone*. S. Burlington Senior Center, 10 a.m. Free. Info, 658-5585.

kids

SONG & STORYTIME: See January 19.

STORYTIME: See January 19.

TINY TOT STORYTIME: See January 19.

etc

PEACE CORPS TALK: See January 25, Marsh Lounge, Billings Student Center, UVM, Burlington, 7 p.m. Free. Info, 424-8580. An information table operates from 10 a.m. – 2 p.m.

BURLINGTON LEGACY PROJECT: Residents provide feedback on the governance section of the plan's first draft. McClure Multigenerational Center, Burlington, 6-8:30 p.m. Free. Info, 865-7177.

Calendar is written by Gwenn Garland. Classes are compiled by Lucy Howe. All submissions are due in writing on the Thursday before publication. SEVEN DAYS edits for space and style. Send to: SEVEN DAYS, P.O. Box 1164, Burlington, VT 05402-1164. Or fax 802-865-1015. Email: calendar@sevendaysvt.com

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- *Racing heart or palpitations*
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- *Trembling or shaking*
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- *Feelings of unreality*
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@ (802) 847-9488

David M. Hyman Opens Law Office in Burlington

Mr. Hyman has been practicing law since 1968. A graduate of Brooklyn Law School and Rutgers College, he worked at a prominent 80-lawyer firm in New York City then a 5 lawyer firm in Burlington before establishing his own practice.

Mr. Hyman represents individuals, professionals, partnerships and various business entities in all aspects of business transactions counseling, and civil litigation. He is known for successfully resolving debtor-creditor conflicts, as well as representing financial institutions in workouts, collections and bankruptcy proceedings.

In addition, Mr. Hyman handles high tech law, regulation of e-commerce, wills, trusts, and estates.

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FEB 8 — TUESDAYS — 5:15-7PM

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Windjammer Food & Beverage Series

2/1 Kendall Jackson & Farrell Distributing Food & Wine Dinner

2/9 Merlot Wine Tasting (Farrell Distributing)

2/16 Banfi Vintners Wine Tasting

2/22 Magic Hat Brewery Food and Beer Dinner

2/23 Cabernet Sauvignon Wine Tasting (Farrell Distributing)

3/1 Tour of California Wine Regions Wine Tasting (Baker Distributing)

Continuing through May call for a complete schedule

Wine Tastings $15/person at The Upper Deck Pub 6-7pm

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Tickets are required and can be purchased in advance
802 862 6585

The UPPER DECK PUB

Art LISTINGS

BEING STILL *In an exhibit titled "Hand in Hand," currently at the Furchgott Sourdiffe Gallery, two artists approach the still life in very different manners. Julie Y. Baker Albright recreates classic, quietly lush tableaux of flowers, statuary, books and other household objects. Miriam Adams zeroes in on single items, such as a vase, an empty glove or pebbles, breathing the faintest blush of color into Zen-like graphite drawings. Both women display the gift of observing life keenly. Pictured, Albright's watercolor, "Green Wall."*

openings

TOY THEATRES miniature play boxes created by adults from Champlain Vocational Services. Fletcher Free Library, Burlington, 865-7211. Reception January 19, 1-2 p.m.

CREATIVE & DIVERSE WORKS pottery and ceramic works by the studio faculty. Vermont Clay Studio, Waterbury Center, 244-1126. Reception January 21, 5-7 p.m.

A TALE OF TWO CITIES Photos of Paris by Eugene Atget and of New York by Berenice Abbot. Also **AMBUSH IN THE STREETS** photographs of Parisian stencil art by John Barlow. West Gallery, Helen Day Art Center, Stowe, 253-8358. Reception January 21, 5:30 p.m. for members, 6 p.m. for public.

THE MILLENNIUM SHOW artists' interpretations of past and future millennia in paint, sculpture, ceramic, fiber and furniture. Ferrisburgh Artisans Guild, 877-3668. Reception January 22, 4-6 p.m.

ARTHUR GANSON featuring the New Englander's whimsical mechanical sculptures. Hood Museum of Art, Dartmouth College, Hanover, N.H., 603-646-2426. Reception January 22, 4 p.m.

A CONGO CHRONICLE: PATRICE LUMUMBA IN URBAN ART featuring works by 1970s Congo folk artist Tshibumba Kanda Matulu. Hood Museum of Art, Dartmouth College, Hanover, N.H., 603-646-2426. Reception January 26, 5:30 p.m.

ongoing

BURLINGTON AREA

MIND GAMES Paintings, prints and drawings by Michael Brandt. Rhombus Gallery, Burlington, 865-3144. Through January.

JANE HORNER, TRAVIS PIPER & KIM JOHNSON drawings, photographs and paintings respectively. Daily Planet, Burlington, 862-9647. Through January.

A GRACIOUS PLENTY recent paintings by Anna Vreeman. Isabel's on the Waterfront, Burlington, 893-2951. Through February 15.

PALIMPSEST PORTRAITS Still life photographs by Robin Dru Germany. Colburn Gallery, UVM, Burlington, 656-2014. Through February 4.

AVOCATION: VERMONT'S 'SUNDAY' ARTISTS works by people with non-art day jobs. Firehouse Center for the Visual Arts, Burlington, 865-7165. Through February 6.

DUETS: AN EXHIBIT OF COLLABORATIONS featuring artwork by two or more artists from Caravan Arts. Pickering Room, Fletcher Free Library, Burlington, 865-7211. Through January.

FROM BEGINNING TO BOOKSHELF: THE ART OF CREATING A PICTURE BOOK featuring the work of illustrator Tracey Campbell Pearson. Book Rack, Champlain Mill, Winooski, 655-0231. Through January.

HAND IN HAND drawings and paintings by Miriam Adams and Julie Y. Baker Albright. Furchgott Sourdiffe Gallery, Shelburne, 985-3848. Through February 15.

CLOTH STONE ROCK STEEL & FOAM simple materials transformed by local artists Jane Horner, John Housekeeper and Tim Ware. Flynndog Gallery, Burlington, 652-9985. Through February 14.

A POLAR PICNIC featuring children's artwork in winter themes. Speeder & Earl's, Burlington, 865-5079. Through January.

MANTRAS/TARTRAS musical rhythmic constructions in paper, twine and wood by P. R. Smith and Kim Bartell. Rose Street Artists' Gallery, Burlington, 860-7206. Through January 29.

THE STRUCTURE OF A COMMUNITY photographs of one-room Vermont schoolhouses by Lee Butler, and **SHADOWING TWILIGHT'S SHORES** a collection of landscape photographs by Kate Davis. Uncommon Grounds, Burlington, 865-6227. Through January.

CHILDREN'S ART EXHIBIT FOR COTS students of local elementary schools explore the meaning of home in artwork. Metropolitan

Gallery, Burlington City Hall 864 7402 Through January

SIGNS OF LIFE paintings and etchings by Frank Carmelitano and photographs by Sarah Wagner-Ranes. Dell Anmadn Gallery Burlington 864 3661 Through January

POLITICAL CARTOONS works by Leah Wittenberg. Daily Bread Richmond. 655-6312 Through January

MULTIGENERATIONAL MONO PRINTS works by students of a multigenerational printmaking class. Fletcher Room Fletcher Free Library, Burlington 865-7211 Through January

TRANSILLUMINATED IMPRESSIONISM abstract impressions by Kenneth W Sellick. Art Space 150 at the Men's Room, Burlington 864-2088 Through February 15

MIXED MEDIA A Burlington College course show UVM Women's Center Burlington 862-9616 Through January

EARL'S VIEW handmade prints by Roy Newton Red Onion Cafe, Burlington, 865 2563 Through January 25

CAROL NORTON, JOANNE DELANY & CELENE HARGRAVES paintings. Better Bagel. Tafts Corners, Williston 864 1557 Through January

THE MATING HABITS OF LINES Sketchbooks and Notebooks of Rae Moron featuring drawings and journals detailing the artistic process from an early pioneer in installation art who died in 1977 Fleming Museum Burlington 656 0750 Through January 23

FOUR HONDURAN ARTISTS featuring the work of Mario Castillo, Virgilio Guardiola, Rolando López Tróchez and Xenia Mejía Fleming Museum Burlington, 656-0750 Through February 13

NICK SUTTA, representational oil paintings. Rick Sims Gallery, Burlington 860 7506, Ongoing.

CHAMPLAIN VALLEY

FIFTY YEARS: FACULTY ART AT MIDDLEBURY works by current and past professors. Christian A. Johnson Memorial Gallery Center For the Arts Middlebury College 443 5007 Through April 16

USE IT UP, WEAR IT OUT, MAKE IT DO OR DO WITHOUT: Our Lives in the 1930s and '40s, featuring oral histories, photographs artifacts and music exploring Addison County life in those decades Sheldon Museum Middlebury 388-2117 Through March 10

CENTRAL VERMONT

RECOLLECTIONS an exhibit of memorabilia from a century of Randolph elementary schools Chandler Gallery Randolph, 728-9878 Through January 23

ART IN THE SUPREME COURT featuring photographs by Vermont press photographers Jeb Wallace-Brodeur Sandy Macys and Stefan Hard Vermont Supreme Court 111 State St Montpelier 828-3278 Through February 11

MANIPULATIONS featuring the works in mixed media of Cindy Kilgore Brown, Lowell Snowdon Klock and Tinka Martell. Chaffee Center for the Visual Arts, Rutland 775-0356 Through February 13

LITTLE DRAWINGS featuring works by Axel Stohlberg, Mist Grill Gallery Waterbury 244-2233 Through February 21

MATTHEW THORSEN PHOTOGRAPHS featuring black and white works of Vermont scenes. Vermont Statehouse Montpelier 828 3333 Through January

WINTER WHIMSY fanciful works in clay by 20 regional artists Through January 14 Vermont Clay Studio Waterbury Center, 244 1126 Through February 28.

VERMONT HAND CRAFTERS work by local artisans Vermont By Design Gallery Waterbury, 244 7566 Ongoing.

LOCAL ARTISANS works by Vermont potters, sculptors and quiltmakers. Blinking Light Gallery Plainfield 454 1571 Ongoing

ALICE ECKLES a permanent changing exhibit of selected paintings and prints. The Old School House Common, Marshfield 456-8993 Ongoing.

SCRAP BASED ARTS & CRAFTS featuring re-constructed objects of all kinds by area artists The Restore, Montpelier 229 1930 Ongoing.

NORTHERN

PHOTOGRAPHY by Ethan Jackson and Karen Weiner East Gallery Helen Day Art Center, Stowe, 253-8358 January 22 through February 17

DYNAMIC MOVEMENT mixed media paintings by Donna Stafford Union Bank, Stowe Village 253-2505 Through February

THOMAS R. CURTIN a centennial celebration of the Vermont neo-Impressionist painter Clarke Galleries, Stowe 253 7116. Through January

19TH AND 20TH CENTURY AMERICAN ARTISTS including landscape paintings by Vermont artists Kathleen Kolb, Thomas Curtin Cynthia Price and more. Clarke Galleries Stowe, 253-7116 Ongoing

ELSEWHERE

THOUGHTFUL MECHANISMS THE LYRICAL ENGINEERING OF MEXICAN MODERN ART featuring works from the first half of the century Montréal Museum of Fine Arts Jean Noël Desmarais Pavilion, 514 285-1600 Through February 6

TRIUMPHS OF THE BAROQUE architectural models of 17th and 18th-century European buildings. Montréal Museum of Fine Arts, Benaiah Gibb Pavilion, 514-285 1600 Through April 9

PLEASE NOTE: Seven Days is unable to accommodate all of the displays in our readership area, thus these listings must be restricted to exhibits in truly public viewing places. Art in business offices, lobbies and private residences or studios with occasional exceptions, will not be accepted Send your listings to galleries@sevendaysvt.com.

Rules to Live By

ART

By Marc Awodey

For its first exhibit of the last year of the 20th century, the Dell Anmadn Gallery has brought back two artists it first showed back in the 1990s. The tranquil empyrean artworks by Florida-based painter printmaker Frank Carmelitano are paired with the keenly structured photographs of Pennsylvanian Sarah Wagner-Ranes The compositions of both artists range from expansive to insular, and maintain unflappable calmness There are few gestural or chromatic fireworks in this exhibit; but a bit of artistic quietude is not a bad thing this time of year

Photographer Wagner Ranes seeks structural balance. There are no juxtapositions by chance captured in her works, and like the formal gardens that are one of her recurring themes the photos themselves are carefully composed sanctuaries far removed from the visual chaos of the everyday world.

In "Old Westbury Gardens," a horizontal axis running below the vanishing point of a walkway flanked by tall manicured shrubs is divided into vertices guided by "the golden section" — a classical rule of spatial organization which requires smaller proportions to have the same relationship *vis-à-vis* larger ones that larger ones have to the whole image. Four segments of balustrade in the foreground of this photograph emphasize this arcane use of geometry.

"Stair" is based on a more Baroque idea. It is a separated swept curve of stairs that gracefully tumbles down a shaded garden hillside. Wagner-Ranes has counterpoised the rhythms of the steps with lush contours evident in surrounding vegetation

"Wrought Iron Stair" manipulates textural variations with less dimensionality as this whimsical stairway is in profile against a tall weathered wall face It is lightly hand-colored with grays and pinks complemented by pale green tufts of fern that peek through cracks in the wall A triangular block of pitted stone set in the wall beneath the stairway contrasts two circular shrubs of sculpted topiary

"Carriage Tracks," by Sarah Wagner Ranes

In each image it appears that Wagner-Ranes first concentrates on a formal arrangement of pictorial elements

The tranquility of Frank Carmelitano's paintings is based on placid color harmonies, often organized into varied bands of hue. This year he is also presenting a few older works with centralized forms, such as in the oil painting, "R." With echoes of Paul Klee, "R" is a soft, warm-colored organic abstraction placed in a vaguely naturalistic, cool-colored space The background blues ascend from darker values at the bottom of the picture toward lighter values at the top

More typical Carmelitano works, however are "Paisaje Iberico" and "Hendidura Orion " These also appeared in his 1998 D-A exhibit Both are large-scale paintings with vast ribbons of washed color commingling in lacy trickles across the surface "Paisaje Iberico" is an open bundle of ochreous tones enlivened by a narrow band of green along the bottom. "Hendidura Orion" is a similarly executed master work in shimmering gradations of blue

Lighter values appear in the upper third of "Hendidura Orion " the darkest valued bands hold that location in the earthy "Paisaje Iberico." With 40 years of professional experience to his credit Carmelitano is a superb colorist

His etchings have similar fluidity giving many passages the appearance of watercolor. "Entwined" has alternating expanses of purple at bottom, to yellow ocher in end, to a yellow ocher reprise at top Dancing within the ocher fields are lyrical marks, like short threads, of crimson that add an effervescent element. "Green Piece" is girded by bands of an olivine green separated by greige gray and sandy yellows. It's divided into three vertical sections, as if a flat altar piece, by clean lines of negative space that provide a contrast of hard edges as well as perpendicular axes.

Carmelitano composes with complex color and simple linear fields, while Wagner Ranes creates complex formal compositions and uses almost no color However, both artists approach a similar aesthetic ideal that is especially welcomed after the still-vivid excesses of the holiday season: well-balanced sobriety ⑦

"Signs of Life," paintings by Frank Carmelitano and photographer Sara Wagner-Ranes. Dell-Anmadn Gallery, Burlington. Through January.

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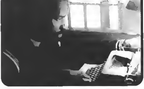

FIGHTING WORDS Washington tries to write his way out of a tight spot as Rubin Carter in *The Hurricane.*

THE HURRICANE ****

For weeks I've been meaning to check into those Web sites we've all heard about that claim to have the real dope on the Rubin "Hurricane" Carter story and all the alleged discrepancies between the truth, the whole truth and the tale told by Norman (*In the Heat of the Night*) Jewison's new movie. But I've got to level with you: The holidays. Guests from out of town. The flu. Holiday guests from out of town with the flu. It's been a tad hectic here at review command central and I haven't quite gotten around to it. Though I did hear the song on the radio the other day. Anyway, the controversy and rumors will have to be put to one side. I'll just comment on the film.

And my goodness, old fashioned pull-out-the-stops, Hollywood emote-a-thons just don't get a whole lot more satisfying than this. Denzel Washington takes a break from bone collecting and gets back down to the business of serious acting in the big screen bio of the '60s middle-weight pugilist who spent nearly 20 years in jail for a crime he didn't commit.

We've seen Denzel on the wrong side of the law before, of course, in pictures like *He Got Game*. We've even watched him turn prison time into an opportunity for personal transformation in *Malcolm X*. Miraculously though, the actor manages not merely to hold one's attention in those familiar surroundings but to cover big time.

And speaking of high probability Oscar nods, you know that tyke in *The Sixth Sense*? Well, obviously he's a shoo-in. It's a shame the Academy's unlikely to ask more than one kid to the grown-ups table that night, too, because young Vicellous Reon Shannon does a really fine job in this picture as an inner-city adolescent who picks up Carter's autobiography at a used book sale and is moved to take up his cause with the help of three Canadian friends, who have brought him north and sort of adopted him.

John Hannah, Liev Schreiber and Deborah Unger come off as likable do-gooders. Unger in particular conveys a poignant connection between her character and the complex prisoner, a bond which Jewison strangely chose not to follow to its real life conclusion. My understanding is that the two became involved romantically following his release. This may be the first time in movie history a filmmaker could have had a boy-gets-girl finale and took a pass. On the other hand, maybe he's saving all that for a sequel.

Hollywood has produced a long list of powerful prison films — that's one of the things it does well. From *The Bird Man of Alcatraz* to *The Green Mile*, we've watched the human spirit tested, the human condition transcended in a hundred different ways. To that list and toward its top add *The Hurricane*. If every little thing it depicts didn't happen exactly as it does in this movie, all I can say is, well, it should have. ⑦

FILMS RUN FRIDAY, JANUARY 21 - THURSDAY, JANUARY 27

showtimes

All shows daily unless otherwise indicated. * indicates new film.

NICKELODEON CINEMAS
College Street, Burlington, 863-9515. **Cradle Will Rock*** 1:15, 3:15, [illegible], 7:30. **End of the Affair*** 12:50, 3, 6:20, 9:15. **Magnolia** 12, 4:10, 8:1[illegible]. **Girl Interrupted** 12:30, 3:40, 7:15, 10. **Cider House Rules** 1, 3:50, 7, 9:50. **Snow Falling on Cedars** 12:40, 3:40, 6:45, 9:40. Matinees Sat.-Sun.

CINEMA NINE
Shelburne Road, S. Burlington, 864-5610. **Angela's Ashes*** 12:15, 3:30, 6:35, 9:35. **Supernova** 12:05, 2:15, 4:25, 7, 9:[illegible]. **Hurricane** 12:10, 3:[illegible], 6:20, 9:20. **Any Given Sunday** 12:20, 4, 8. **Galaxy Quest** 12, 2:20, 4:30, 7:15, 9:10. **The Talented Mr. Ripley** 12:10, 3:10, [illegible]. **Bicentennial Man** 9:25. **Stuart Little** 12, 2, 4, 6:30, 8:[illegible]. **The Green Mile** 12, 3:[illegible], 7:[illegible]. **Deuce Bigalow** 10:10. **Toy Story 2** 12:[illegible], 2:40, 5:15. All shows daily unless otherwise indicated.

SHOWCASE CINEMAS 5
Williston Road, S. Burlington, 863-4494. **Down to You*** [illegible] 9:40, 7, 9:25. **Play It to the Bone*** 12:50, 3:20, 6:50, 9:30. **Talented Mr. Ripley** 12:40, 3:30, 6:40, 9:15. **Galaxy Quest** 12:15, 2:15, 4:15, 7:10, 9:10. **Any Given Sunday** 10:15. **Stuart Little** 12:30, 2:20, 4:10, 6:30, 8:20. Matinees Sat.-Sun. only.

ETHAN ALLEN CINEMAS 4
Not available at press time.

BIJOU CINEPLEX 1-2-3-4
Rt. 100, Morrisville, 888-3293. **Stuart Little** 1:00, 3:00, 6:30, 8:30. **The Talented Mr. Ripley** 1:40, 7. **Supernova** 12:40, 3:40, 6:40, 9. **Galaxy Quest** 1:30, 3:40, 6:40, 8:45. Matinees Sat.-Sun. only, late show Fri.-Sat. only.

THE SAVOY
Main Street, Montpelier, 229-0509. **The Straight Story*** 1:30 (Sat-Sun only), 6:30, 8:45. **West Beirut*** 4 (Sat-Sun only). **National Velvet** 11 (Sat. only).

Schedules for the following theaters are not available at press time.
CAPITOL THEATRE 93 State Street, Montpelier, 229-0343.
PARAMOUNT THEATRE 241 North Main Street, Barre, 479-9621.
STOWE CINEMA Baggy Knees Shopping Center, Stowe, 253-4678.
MAD RIVER FLICK Route 100, Waitsfield, 496-4200.
MARQUIS THEATER Main Street, Middlebury, 388-4841.
WELDEN THEATER 104 No. Main Street, St. Albans, 527-7888.

PiCturEs

By Rick Kisonak

previews

WEST BEIRUT Ziad Doueiri directs this autobiographical account of a young filmmaker growing up on the bullet riddled streets of Lebanon during the mid '70s. (NR)

DOWN TO YOU Set against a backdrop of New York City college life, the latest from Freddie Prinze Jr. is a romantic comedy about a young man and woman whose relationship seems to be working out just great until their best friends get involved. Julia Stiles and Selma Blair co-star. (PG-13)

ANGELA'S ASHES Alan Parker brings Frank McCourt's best-selling memoir about growing up poor in Ireland to the big screen with a little help from Robert Carlyle and Emily Watson. (R)

THE STRAIGHT STORY Is there a less predictable filmmaker out there (I do mean out there)? David (*Lost Highway*) Lynch detours into feel-good Disney territory with this sweet fact-based account of an aging Iowa man's cross-country odyssey. Richard Farnsworth stars. (R)

CRADLE WILL ROCK John Cusack, Hank Azaria, Emily Watson and Bill Murray join director Tim Robbins for this fact-based look behind the scenes of a 1937 Orson Welles musical that was shut down by government injunction because of the cast's political leanings. (R)

THE END OF THE AFFAIR Neil Jordan offers this adaptation of the 1951 Graham Greene novel about an unfaithful wife whose lover is injured in WWII and the promise she makes to God which allows *him* to live. Ralph Fiennes and Julianne Moore star. (R)

PLAY IT TO THE BONE Ron (*Bull Durham, Tin Cup*) Shelton's latest comic look behind the scenes at professional sports concerns a pair of washed-up boxers who bond on the road to a Vegas match. Woody Harrelson and Antonio Banderas star.

new on video

THE 13TH FLOOR1/2** From Roland Emmerich, the guy who gave us *Godzilla*, comes this mindbender with a storyline that jumps back and fourth between parallel worlds. Armin Mueller-Stahl and Gretchen Mol star. (R)

AN IDEAL HUSBAND*** Cate Blanchett, Minnie Driver and Jeremy Northam star in director Oliver Parker's adaptation of Oscar Wilde's 1895 satire about a London society couple coming apart at the seams. Rupert Everett and Julianne Moore co-star. (PG-13)

BOWFINGER*** Among the most eagerly awaited comedies of the summer is the latest from star-writer Steve Martin: the story of a small-time movie producer who tries to get a major star in his picture by stalking and shooting around him. Eddie Murphy and Heather Graham co-star. Frank Oz directs. (PG-13)

THE WOOD*** Omar Epps, Taye Diggs and Richard T. Jones star here as Los Angeles friends who take a comic look back at their coming of age in the '80s. Sanaa Lathan and Lisa Raye co-star. (R)

TWIN FALLS IDAHO*** Filmmaking brothers Mark and Michael Polish have one of the fall season's most buzzed-about films on their two hands and three legs. They wrote and star in this story of conjoined twins who face more than the usual roadblocks to romantic fulfillment. (R)

shorts

rating scale * — ***** NR = not reviewed

MAGNOLIA**1/2** Paul Thomas Anderson's follow-up to *Boogie Nights* is a multiple-story, Altmanesque study of a San Fernando Valley family and the several levels on which it is falling apart. William H. Macy, Julianne Moore, Tom Cruise and Jason Robards star. (R)

NATIONAL VELVET The 1944 favorite features a toddler Liz Taylor as a spunky young girl determined to get her horse into the Grand National Race. Also starring an even more-pint-sized-than-usual Mickey Rooney. (NR)

GIRL, INTERRUPTED*** Winona Ryder, Angelina Jolie and Whoopi Goldberg get together for this feel-good trip to yet another mental institution where the psychotic turn out to be just misunderstood poets and visionaries. James Mangold directs. (R)

SUPERNOVA1/2** James Spader and Angela Bassett star in this sci-fi thriller about the trouble the crew of a hospital ship runs into when it answers a distress call from deep space. With Lou Diamond Phillips. (PG-13)

SNOW FALLING ON CEDARS*** David Guterson's 1994 best seller provides the basis for Scott (*Shine*) Hicks' visually sumptuous look at the forces which strained relations between Caucasian and Japanese-Americans in the '40s and '50s. Ethan Hawke and Youki Kudoh star. (R)

BICENTENNIAL MAN* Robin Williams continues to push the sap-paste envelope with this regulation warm-and-fuzzy tale about a robot who just wants (gulp) to be human. Give it a rest already, Mork. (PG)

THE CIDER HOUSE RULES*1/2** Lasse (*What's Eating Gilbert Grape?*) Hallstrom brings the beloved John Irving bestseller about a WWII-era orphan to the big screen with a little help from Tobey Maguire, Michael Caine and Irving himself who wrote the screenplay. (PG-13)

GALAXY QUEST*1/2** Tim Allen and Sigourney Weaver play has-been stars of a '70s sci-fi series who get the call for real when an alien race in need of help looks Earthward. Alan Rickman and Tony Shalhoub co-star. (PG)

ANY GIVEN SUNDAY*1/2** Let's see. Stanley Kubrick, Martin Scorsese, Albert Brooks, Chris Columbus and Rob Reiner all came up with disappointing duds in '99. What are the odds on Oliver Stone's gridiron saga faring any better featuring, as it does, the very non-geeky Al Pacino as a has-been coach? (R)

THE TALENTED MR. RIPLEY**** The new film from *The English Patient* director Anthony Minghella wasn't even in wide release yet and it was knee-deep in Golden Globe nominations. A good sign there's more to this star-studded saga of social climbing than meets the eye. Matt Damon, Gwyneth Paltrow and Jude Law star. (R)

THE GREEN MILE*1/2** Director Frank (*The Shawshank Redemption*) Darabont is back in jail again, this time for the story of a prison guard and the death row giant he believes to be innocent. Starring Tom Hanks, David Morse and Michael Clarke Duncan. (R)

STUART LITTLE*1/2** From the co-director of *The Lion King* and the visual-effects guru behind the original *Star Wars* comes the story of a dapper, well-spoken and extremely high tech rodent. Geena Davis, Michael J. Fox and Gene Wilder star in this adaptation of the E. B. White classic. (PG)

DEUCE BIGALOW: MALE GIGOLO1/2** SNL vet Rob Schneider stars here as a fish-tank cleaner who fills in for a vacationing hustler. Sound dumb enough to be an Adam Sandler movie? It is. Big Daddy is executive producer. (R)

TOY STORY 2**** Everybody's favorite living dolls reunite for an all new animated adventure when Woody (Tom Hanks) is kidnapped by an unscrupulous toy collector and Buzz (Tim Allen) rallies the 'toon troops to rescue him. (G)

DOGMA1/2** *Clerks* director Kevin Smith is stirring up the usual hysteria among the religious right with his new comedy. Ben Affleck and Matt Damon play angels who come to Earth and then try to scam their way back into heaven. Filmmaker Terrence McNally has already received his first death threat. (R)

END OF DAYS1/2** Arnold Schwarzenegger is back on the big screen for the first time since 1997. Saving one person at a time is apparently so old hat at this point for the 52-year-old action star so this time out he's saving the whole human race. From Satan, no less. Gabriel Byrne co-stars. Peter Hyams directs. (R)

THE WORLD IS NOT ENOUGH*** And, apparently, audiences can't get enough when it comes to these deals. Which always mystifies me. Pierce Brosnan presides over the 19th Bond film in which the Mountie of undercover operatives faces off against an evil genius with designs on the planet's oil supply. With Robert Carlyle and Denise Richards. Michael Apted directs. (PG-13)

THREE KINGS**1/2** The buzz is big for this off beat black dramedy-action from *Flirting With Disaster* director David O. Russell. George Clooney, Mark Wahlberg and Ice Cube star as American soldiers who do some personal treasure hunting during the Gulf War. (R)

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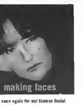

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For more film fun don't forget to watch "Art-Patrol" every Thursday, Friday, and Sunday on News Channel 5!

LAST WEEK'S WINNERS

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LAST WEEK'S ANSWERS:

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3. ENTRAPMENT — ROBBERY
4. BREAKDOWN — KIDNAPPING

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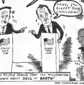
BY LLOYD DANGLE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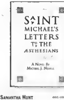
SAINT MICHAEL'S LETTERS TO THE ÆSTHESIANS
A NOVEL BY MICHAEL J. NEDELL

BOOKS

On the Road — Again?

By Samantha Hunt

It's difficult to tell whether the narrator of *Saint Michael's Letters to the Aesthesians*, by Burlington writer Michael Nedell, is Ulysses or one of the Lotus Eaters. Perhaps both. But there is no question this poetic travelogue/collection of epistles to an entity named Gigi is an odyssey. Emphasis on the "odd."

It is a bohemian page-turner — full of hope, positive acclamations for the human race and wild adventure. A reader finds him or herself, perhaps against better judgment, plowing through the flowery-power language. What kind of curmudgeon could criticize a book that thanks the "GODDESS" for "THE STAND UP BASS, THE LAW OF GRAVITY, MY BOUNDLESS IGNORANCE, FOR LEADBELLY?"

Well, I come from a long line of curmudgeons.

Published by Marc Awodey's heroic Minimal Press, *Saint Michael* recounts a cross-country journey in a van named "Silver Cloud" from "Swellington" to the Hawaiian Islands, with stops in New York, Saline City, San Francisco and back again. Along the journey the narrator, Michael, and his leprechaun-like companion, Geo, make music, love freely and drink coffee — all the while attracting a variety of eccentrics to their path: the Russian "princess" Sasha, or, as the narrator calls her, "a miracle of ecstasy, the spark of all creation," a pow-wow Wolf Dancer, Chase — yes, *the* Chase — a nude lady offering ripe papayas, an adamant proponent of distilled drinking water, an Air Force pilot who repeats one bad joke over and over and an assortment of other oddball humanoids.

This patchwork proves humanity's propensity for individuality and represents the anthropological diversity discovered on any cross-country adventure. The torrent of stranger and strangers is welcome — especially to those readers with a leaning towards voyeurism. *Saint Michael* is a peephole into hippiedom, though the narrator resents that term.

If you wanted to be that way you could call the people hippie types, but that would be a nauseating generality, and upon closer examination and disclosure of intimate details, you would most likely find out the truth, which is this: As much as any particular group of people might look the same, each one is beautifully independent and certainly very much an individual themselves, solely and wonderfully.

The peeping-Tom reader of Nedell can stare long and shamelessly at one of America's subcultures. They can slip into a world where, ideally, folks need only what they can carry, and even that is shared. This embodiment of the fringe, via fiction, affords a beautiful view because, as Nedell's narrator explains, "crazy people get the best sights."

The Aesthesians — from aesthesia, a term from physiology meaning perception, feeling or sensibility — are a breed of Burlingtonian. The narrator considers himself a half breed. Though presented as fiction, many familiar Burlington faces are evoked, and the opening chapters are certain to entertain readers who recall the good old days of the North Winooski Avenue coffeehouse Java Love

Saint Michael's Letters to the Aesthesians, by Michael J. Nedell. Minimal Press, 192 pgs. $14.95.

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The line between fiction and non fiction is breached. Rules of reality sway.

While in Hawaii, the narrator says he is looking to buy some marijuana simply because it is against the law. This rebellion causes a reader to question: is it the same shaking off of shackles that, at times, steers his narration clear of the rules of grammar? Or maybe words like "funnest" exist in an alternate reality. Perhaps Nedell, in the tradition of Cormac McCarthy, has rejected quotation marks to remind his reader of fiction's fantasy. The rule-breaking in language and life, however, can leave a reader twitching with frustration — a glimpse of what it might feel like to be a parent who alternates between encouraging a creative child and screaming, "Get a job!"

Regardless, Nedell's language is playful and, at times, very clever. Both main characters, Gam and Michael, demonstrate a penchant for punning, a way with riddle, a stab at slapstick.

I burned my tootsies.

Tootsies? You've had tootsies this whole time and you didn't tell us?

Yep... I kept them right at the end of my feet.

Or, when discussing a musician: *He dug his own groove.*

In the tradition of the Beats, Nedell blends Jack Kerouac's detached rambling with Allen Ginsberg's mantra-chanting. Some of the passages read like a cousin to Kerouac and Ginsberg's love child.

Even if I can't smash down the wall she built around herself for me I can still climb over it and dance the dance of me so she can see it.

Some of the passages read like a cousin to Kerouac and Ginsberg's love child.

Nedell's, and the narrator's, passion for freedom is admirable, but the ideas and the style are derivative of radical American thought from the late '50s and '60s. There's a whole lot of "majik" and "!!!" and "Amerika" and "SERENDIPITY" and, in fact, entire pages composed in capital letters in *Saint Michael's Letters*. At times this feels liberating in a world of polished, homogenized publishing, but at other times it feels too much like evangelizing, particularly in the following passage.

I see all love as true and downright swell, but I also have seen schools of thought that lean toward a drastic, out-of-balance view of the whole lovely mess. The masculine and feminine together, according to some of my studies, make the utmost of harmonies. The yin and yang are the two that make one. Man and Woman make a circle, and every man a God — quicker heated, impulsive — and every woman a Goddess — more patient and intuitive.

Eww.

Ultimately, the book's traveling leads to the narrator's awareness — mostly through the odd juxtaposition of a band of renegade half Aesthetians and the plastic commercialism that Hawaii has become. The narrator questions how to effect change in a beautiful but flawed world. Where does an adventurer go nowadays, when the locations traditionally considered havens for curious souls support $30,000 tours guaranteed to help you find yourself?

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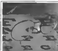

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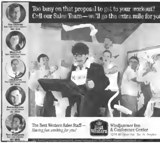
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Inside Track

continued from page 5

In 1984 Pollina was the Democrat candidate for the U.S. House. Jim Jeffords was the incumbent. It was three years after the Sanderista Revolution in Burlington. The Left felt it was on the way up and moving forward, at least in the Green Mountains.

Pollina, of Middlesex, was an intelligent, soft-spoken and articulate candidate. But he said crazy things like, as Vermont's congressman, he would not support a first-strike nuclear attack on the former Soviet Union. Peacenik!

Jeezum Jim portrayed St. Anti-War Anthony as a whacko left-wing extremist, ignored him and won in a huge landslide. Pollina got just 27 percent.

In January 1986 Pollina got together with the House Democratic Whip, Howard Dean, over something healthy and nourishing down at The Horn of the Moon Cafe. Since Anthony carried the party's banner statewide in '84, Ho-Ho treated him with respect. So Dean told him he had bought a new home on the south side of Burlap. He wouldn't run for reelection in his Old North End district. (Progressive Rep. Terry Bouricius currently holds that seat. Thanks, Howie!)

Dr. Dean told Pollina he was thinking statewide, and he would certainly defer to Anthony if Anthony had designs on the best available shot — lieutenant governor. Republican Peter Smith held the post.

Pollina told Ho-Ho, who wasn't even called Ho-Ho back then, he wasn't interested.

Needless to say, it made Ho-Ho's day.

Then, wouldn't you know, a week later Smith announced he wouldn't seek reelection. Instead he ran for governor against Madeleine Kunin. Dean, straight-shooter that he is, ran into Anthony in the Statehouse and inquired if he wanted to change his mind in light of Smith's decision.

Pollina said no. The rest is history. Howard Dean ran for lieutenant governor that year and defeated Republican Susan Auld

Vermont voters haven't been able to get rid of him since. As governor since 1991 Ho-Ho has never won a statewide election by less than a 15-point cushion. Such a charmer.

However that could change. You see, Mr. Pollina tells *Seven Days* he is now "seriously considering" seeking the new Progressive Party nomination for governor.

Of the three Progressives currently in the running, Pollina is by far the best known and the most experienced politically. **Richard Kemp** of Burlington and **Elizabeth Skarie** of Williston are the other two. Either ring a bell?

Just imagine a three-way race between Dean, Republican **Ruth Dwyer** and Progressive Pollina! One of them publicly supports gay marriage. Can you guess which one?

The Vermont Left would have the opportunity to choose someone other than Howard Dean again and in the process shrink Dean's popular vote to under 50 percent. That would toss the gubernatorial race into the legislature — a secret ballot. Anything might happen.

Anything.

"Common Humanity" Update — The Religious Right finally showed up at the Statehouse Friday. **Randall Terry**, founder of the radical anti-abortion group Operation Rescue, dropped into the House Judiciary Committee to oppose gay marriage legislation. Terry of Binghamton, New York, was escorted by Rep. **Nancy Sheltra** of Derby. He wasn't scheduled to testify but introduced himself to committee members during a recess. Yours truly also caught an informal colloquy between Mr. Terry and Rep. **Mike Vinton** of Colchester, a retired state police lieutenant and proud member of the House Blue Dogs.

"Why should you," asked Vinton, "why should the church even be able to come into this building and say we don't accept [the supreme court decision on gay marriage]? You don't have to accept it, but why do you have to come here and tell us you don't accept it?"

Terry answered that the Vermont decision "cuts to the core of who makes the law."

"The people make the law," replied Vinton.

"No," responded Terry. "God makes the law."

"That's what religious fanatics say," answered Vinton, "but they don't make the law," he insisted.

Chairman **Tom Little** told us he'd prefer to hear from Vermonters since "this is legislation for Vermont and by Vermont."

Terry told *Seven Days* he was there because "Any contract that's held here will have to be honored in other states because of the full faith and credit clause of the Constitution. Your Vermont contracts are valid in New York. Our New York contracts are valid in Vermont, so this will affect not only Vermonters but every single state in the union."

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ANNOUNCEMENTS

FEMINIST EXPO 2000: March 31—April 2, in Baltimore, MD. Thousands of activists, speakers and exhibitors from around the world will showcase the women's movement. (703) 522-2214. www.feminist.org (AAN CAN)

YOUR CLASSIFIED AD printed in more than 100 alternative papers like this one for just $950! To run your ad in papers with a total circulation exceeding 6.5 million copies per week, call Glenn at Seven Days, 802-864-5684. Regional buys also available.

AUTOMOTIVE

GRANDE MARQUIS, '85: new tires & battery. Inspected. 89K mi. Runs great. Needs brakes. Some rust. $400. 865-9765.

MITSUBISHI EXPO WAGON '94, black, 4-dr., 93K mi., a/c, cassette, very clean. $5500 o.b.o. 658-5949.

SEIZED CARS FROM $500: Sport, luxury & economy cars. Trucks, 4x4, utility & more. For current listings, call 1-800-311-5048 x2238.

REAL ESTATE

HOMES FROM $5,000 Foreclosed and repossessed. No or low down payment. Credit trouble OK. For current listings call 1-800-311-5048 ext. 3478.

APT./HOUSE FOR RENT

BURLINGTON: Lg. 3-bdrm. apt., hdwd. flrs., basement, gas heat. $900/mo. Avail. Feb. Call 453-6112.

BURLINGTON: Two 2-bdrm. apts., newly rebuilt, gas heat. 1st flr. apt. (W/D, off street parking) $750/mo. + utils. 2nd flr. apt. $700/mo. + utils. Avail. 2/1. Call 434-5101.

BURLINGTON: Female professional for lg. apt., 3 rms., 2nd flr., private bath, shared kitchen. Lovely, quiet, great location. No pets. Avail. 2/1. 862-4175.

young, smart, energetic...

and looking for work.

SEVEN DAYS readers are the "hire class"

- **45% of Seven Days readers are between the ages of 18 and 34**
- **90% have been to college and 70% have a college degree or higher**

Call Michelle at 864-5684 to place an employment display ad

APT./HOUSE FOR RENT

BURLINGTON: Intervale Ave. Co-op seeks resident who's eager to help run & maintain our own residence. 3-bdrms., off-street parking, porch, shared yard. $585/mo. + 1 time share payment. Equal housing opp. 862-0244

UNDERHILL CTR.: 1-bdrm. apt., 800 sq. ft. — kitchen, bathroom, lg. living room. Facing Mt. Mansfield. Privacy, country. $600/mo. + utils. No smoking/pets. 899-2822

ROOM FOR RENT

SHELBURNE: Completely furnished (incl. linens), cable TV, shared kitchenette, bath, laundry, off-street parking. Private house on bus line. $85/wk. incl. all. 985-2959

LOOKING TO RENT

Your search for the

PERFECT TENANTS

could be over. We are a quiet 12-yr.-old and his fully-employed mom. We come w/ no pets, no cigarettes, references and a respectful attitude toward people and property. We need a clean, homey, cigarette-free 2-bdrm. apt. within 20 mins. of Burlington, under $700/mo. We're looking for you. Are you looking for us? Call Doris, 655-2608.

HOUSEMATES WANTED

BRISTOL: Roommate(s) wanted for non-smoking, drug-free environment. Partially furnished rooms. Garden space. W/D, shared kitchen, dining & living room. $300/mo., incl. utils. + dep. Children welcome. 453-5373

HOUSEMATES WANTED

BURLINGTON: Housemate for 3-bdrm. apt. Converted church w/ hdwd. flrs. & stained glass windows. W/D, parking. Close to downtown & UVM. No lease req. $367/mo. + 1/3 gas + dep. Avail. 2/1. 863-3123

BURLINGTON: North End. Clean & quiet prof. wanted to share spacious 2-bdrm. apt. Non-smokers preferred. Avail. 2/1. $262/mo. + utils. Luke, 860-5079

BURLINGTON: Prof./grad male or female to share 2-bdrm. apt. near downtown — hdwd. flrs., off-street parking. $375/mo. + 1/2 utils. Charlie, 865-1718

BURLINGTON: Mature, good-natured to share lg. 2-bdrm., centrally located. No pets. $375/mo. + 1/2 utils. 660-2936

BURLINGTON: Mature, good natured, responsible female to share lg. 2-bdrm. in friendly house. Central. Many amenities. $325/mo. + utils. Pet-/smoke-free. Ann 658-8488

BURLINGTON: Feminist woman only. Child welcome. Share downtown home, garden. Friendly, clean and orderly. No smoking/pets. $325/mo. + utils. 860-6628

COLCHESTER: Artist pad on Colchester Pond, farmhouse. Fun but responsible environment. $400/mo. incl. all. 879-1162 (eves.)

HINESBURG: Share nice home in quiet, wooded setting. Dog-friendly. Seeking mature, responsible adult. $400/mo. incl. all. Avail. immediately. 482-2394

HUNTINGTON: Professional female seeking quiet, responsible female for country home. Furnished bdrm., private bath, lots of land near Camel's Hump. $300/mo., incl. utils., sec. dep. req. Avail. immediately. 434-2563, leave message.

WINOOSKI: Share house w/ 1 other. Garden space avail., all amenities. Non-smoker. $300/mo. + utils. Avail. immed. Janal, 655-3924

UNIQUE LIVING SITUATIONS

PROFESSIONAL ROOMMATE wanted. Young mom with infant seeking energetic female who has sense of humor. Rent & monthly stipend provided. Send resume to TSYF, 1 Mill St., Box 12, Burlington, VT 05401

DATING SERVICES

COMPATIBLES: Singles meet by being in the same place as other singles. We've made this the best time to connect you. Details 863-4308, www.compatibles.com

N.E. SINGLES CONNECTION: Dating and friendship network for relationship-minded single adults. Professional. Intelligent, personal. Lifetime membership newsletter. Call for free info (800) 775-3090.

FINANCIAL SERVICES

$$$NEED A LOAN? Consolidate debts! Same-day approval. Cut payments to 50%!! No application fees. 1-800-863-9006 x938 www.help-pay-bills.com (AAN CAN)

MISC. SERVICES

YOUR CLASSIFIED AD printed in more than 100 alternative weeklies like this one for just $950! To run your ad in papers with a total circulation exceeding 6.5 million copies/week, call Glenn at Seven Days, 802-864-5684. Regional buys also available.

PAINTING SERVICES

PROFESSIONAL PAINTING: CJ Paints — Interior/exterior, insured. Free estimates. References. Call Chris Jones, 877-2279

TUTORING SERVICES

MATH, ENGLISH, WRITING, Science, Humanities, Proofreading — from elementary to graduate level. Test Prep for GRE, LSAT, GMAT, SAT I & SAT II, ACT, GED, TOEFL... Michael Kraemer, 862-4042

SAT SPECIALIST IS NOW offering in-home lessons at reasonable rates. Also GRE & high school subjects, especially essay writing. Jeff 660-8026

HOMEBREW

MAKE GREAT BEER AT HOME for only 50¢/bottle. Brew what you want, when you want. Start-up kits & prize-winning recipes. Gift certifs. are a great gift. VT Homebrew Supply, Rt. 15, Winooski. 655-2070

BUY THIS STUFF

BROOKSTONE 3-GAME TABLE: pool, ping-pong, table hockey. Great combination. Paid $320. Sell for $100 (buyer picks up). 864-4954

CARS FROM $500: Upcoming seizures/surplus sales. For current listings, call 1-800-311-5048 x1738.

DRACAENA ("CORN") PLANTS: one solid green, wide, 6' tall, $250. One striped, 7' tall, $225. Disease free, 12 yrs. old. Too large for my treehome. To caring "plant people" only! 865-2837 or email ige@adelphia.net

NEVER WORN NEW OPAL pendant: 14k gold set, teardrop 1/2". Purchased for $200, asking $150. 865-2837 or email ige@adelphia.net

WOLFF TANNING BEDS
TAN AT HOME
BUY DIRECT & SAVE!
COMMERCIAL/HOME UNITS FROM $199
LOW MONTHLY PAYMENTS
FREE COLOR CATALOG
CALL TODAY 1-800-711-0158

touch it.
seven days feels good.

ALMARTIN VOLVO
has some Specials to help protect your INVESTMENT!
15% OFF these three genuine VOLVO Protectors for the month of January
(parts & labor inc.)

Sill Protector
Reg. $454 Now $388
Distinctive lengthwise sill guard is mounted beneath the doors and protects the body from knocks. It is also very practical to stand on to reach the roof load, such as a roof box or ski carrier.

Bumper Corner Protectors
Starting at $22.45
Today's painted bumpers can be quite vulnerable to scratching. Corner bumper protectors can be an effective way to help protect your bumper, especially during tight parking maneuvers. Made from a tough, resilient polymer, corner bumper protectors are long-lasting and keep your car's bumpers looking like new.

Engine Protector
Starting at $126.45
Add protection from rough road conditions with our heavy-duty steel engine protector. Easy to install, this engine guard does not block air flow for cooling or access to the oil filter.

ALMARTIN VOLVO
85 Executive Drive Shelburne VT
1-800-639-5088 802-985-1030

Car Talk

By Tom & Ray Magliozzi

VOTE NOW ON WORST CARS OF THE MILLENNIUM

TOM: Now that you've seen every millennial list you can stand, here comes one more! But we want YOU to help us create this one.

RAY: We're compiling a list of the "Worst Cars of the Millennium." Now, obviously, we are only going to nominate cars that we've actually driven or worked on — so no matter how many times Ben Hur's chariot refused to start, we can't put that on our list.

TOM: We're going to collect all of the nominations, then ask our readers and radio listeners to vote on the top 10.

RAY: Or bottom 10, as the case may be.

TOM: So to get the ball rolling, we'll toss out a few of our own nominations (and while you may disagree with us, we'll strive to use printable language in your responses).

RAY: We'll start with the Dodge Aspen/Plymouth Volare. This was the successor to the venerable Dodge Dart. But it came along right about the time the federal government was insisting on cleaner air, and Chrysler was having a terrible time getting the emissions low enough.

TOM: So they tweaked the carburetor on these cars until the engine would only run when it was 74 degrees out and sunny. Any deviation from that, and the car would stall.

RAY: Here's another one: the Chevy Corvair. Due to its mad engine design, this little beauty offered every driver the opportunity to smell leaking gasoline from the front and leaking oil from the back at the same time. And we haven't even gotten into Ralph Nader's safety complaints.

TOM: The Yugo. In a class by itself. It set modern-day benchmarks for lousy quality. It also inspired the famous question: Why do Yugos come with rear window defrosters? To keep your hands warm when you push!

RAY: And we can't forget the Fiat 128, "The father of the Yugo." This is the car that the Yugo was later based on. It's another car which didn't understand the meaning of the term "body integrity" and couldn't deal with wet weather.

TOM: Then there's the Ford Pinto, which blew up when you hit it from behind. A minor problem.

RAY: And there's the old Volkswagen Bus (I know we're going to get hate mail about this one). As romanticized as it was in the '60s, it handled terribly, got blown all over the road in the wind, didn't have any heat to speak of and used the driver's front legs as its first line of defense in an accident.

TOM: Now I'm sure many of you disagree with our first batch of nominations or have bigger heaps you want to see on the list. So write to us in care of this newspaper or visit our Web site, the Car Talk section on www.cars.com, and send us your nominations from there. We'll have more to say on this in the coming weeks.

Dear Tom and Ray:

I took my car in for an oil change, and a couple of hours later the temperature gauge started to go up. I drove a short distance to a gas station as the temperature continued to climb toward "H." I popped the hood and saw a small amount of smoke. The mechanic came over and noticed that there was no radiator cap. Since I drove quite a distance before the car started to heat up, I suspect it just wasn't put on tightly enough and fell off somewhere along the road. I called the guy who did the oil change and he said to send him the bill for a new radiator cap. The car seems fine but now my other concern is whether any other damage was likely done. What do you think?

— Monique

TOM: I doubt any damage was done, Monique. Normally, we tell people to shut off the engine immediately if the car is overheating (unless you're someplace unsafe, like in my brother's neighborhood, in which case your well-being is obviously more important than the engine).

RAY: But since you got to the gas station and shut off the engine before the needle ever got to "H," I think you're going to be fine. So I'd just keep driving and forget it ever happened, Monique.

TOM: Easier said than done, I know. Every time there's a new lipstick stain on the passenger seat, you're going to wonder if it was because of "that time the radiator cap fell off," right Ray? Well, to put your mind at ease, have a mechanic you trust do a "head gasket test." That's a simple test he can do that will tell you if there's any leakage between the cylinders and the water jacket. That's the problem most likely to occur on a car that's been severely overheated. If he says it's fine, then you're home free.

Got a question about cars? Write to Click and Clack in care of this newspaper, or e-mail them by visiting the Car Talk section of cars.com on the World Wide Web.

ART

DARK-ROOM WANTED TO rent or trade for studio use. Prefer color, but B&W OK. Call Arthur, 860-7344.

WANTED: ARTISANS. Need a venue to sell your product? Opening January 25th Artisans & Antique Gallery in Hinesburg. Contact Sue, 482-3055.

MUSIC

FENDER JAZZ BASS for sale: Mexican made, but have replaced pick-ups (Seymour Duncan & Lace Sensor) & added quality hardware to give it a little soul. Looks nice. $300. 864-9052.

BASS CAB FOR SALE: empty, but wired for 2x10 cab. Great shape. Real nice box. $75. 864-9052.

AUDIO SALE: TAC Scorpion 5Six12x2 mixer, w/c case, $2595. Soundcraft Spirit 16x8x2 studio mixer, w/c case, $1200. MXR 1500 delay, $80. Alesis HR-16 drum machine, $100. Peavey AMR 4-band parametric EQ, $125. ART Proverb, $125. 862-0149.

ORIGINAL PROJECT W/ female vocalist seeks bass player to record and tour. 864-4580.

BLUES/R&B BASS PLAYER needed. Please call Dave Keller, 434-3636.

SINGER WANTED FOR established blues/soul/rock band. Onge Beinga & UB40 wannabes need not apply. Call Artie, 865-4316, leave message.

LOOKING FOR EXPERIENCED GUITARIST to play original music w/ alternative pop band. Please call Nick, 879-4093.

MUSICIANS WANTED: Looking to join or form a pro hard-rocking, groove-oriented band to play originals. I'm a song writer, electric gtr. play er, lead & back up vocalist and keyboard player. 652-5908.

JAZZ CLARINETIST SEEKING performance/recording gigs. Professional, creative & experienced. Can perform solo, duo, trio: jazz, folk, blues, originals, covers. Irene, 888-7064 (Steve) or clarinet@hotmail.com.

THE KENNEL REHEARSAL SPACE offers monthly studio rentals to bands and musicians. For more info and space availability call 660-2880. 3017 Williston Rd., So. Burlington.

ANALOG/DIGITAL RECORDING STUDIO. Dogs, Cats & Clocks Productions. Warm, friendly, prof. environment. Services for singer/songwriters, jingles, bands. New digital mastering/recording. Call Robin, 658-1042.

SEE LIVE LOCAL MUSIC PHOTOGRAPHS from Burlington, VT online at www.bigheavyworld.com, made possible in part by Burlington City Arts.

The Kennel Rehearsal Space

Burlington Area's only monthly studio rentals for practicing musicians (Quietly rockin' for over four years)

3017 Williston Rd
802/660 2880

RED MEAT
the delicate dew drops of disgust
from the secret files of
Max Cannon
My advice is to never try to grab some little old guy and try to pick him up off the floor in the aisle of the pharmacy where you work.
Even if he looks like he only weighs sixty pounds and is all hunched over...don't do it.
©2000 MAX CANNON WWW.REDMEAT.COM
Especially if that old guy is a rabid chimp...

MUSIC

AD ASTRA RECORDING. Got music? Relax. Record. Get the tracks. 20+ yrs. Exp. from stage to studio. Tenure Skyline Studios, NYC. 24-track automated mixdown. 1st rate gear. With array of keyboards, drums, more. Ad Astra: building a reputation of sonic integrity. 872-8583.

MUSIC INSTRUCTION

BASS. Do you need a big bottom? All levels, any style. Learn bass techniques & theory. Focus on becoming a bassist, not a 4-string guitar st. Jeff, 660-8026.

BEGINNERS WANTED- bass guitar, rhythm guitar and songwriting. Call Mark LaGrand, 229-6219 (Montpelier) after 6 p.m.

GUITAR: All styles/levels. Emphasis on developing strong technique, thorough musicianship, personal style. Paul Asbell (Unknown Blues Revue, Kilimanjaro, Sklar Grippo, etc.) 862-7696.

LEGALS

SAINT MICHAEL'S COLLEGE REACCREDITATION

Saint Michael's College will voluntarily undergo a comprehensive evaluation visit March 12-15, 2000, by a team representing the Commission on Institutions of Higher Education of the New England Association of Schools and Colleges.

The Commission, which is recognized by the U.S. Department of Education, accredits approximately 200 institutions in six New England states.

Saint Michael's College has been accredited by the Commission since 1939 and was last reviewed in 1990.

For the past year and a half Saint Michael's College has been engaged in a process of self-study, addressing the Commission's Standards for Accreditation. An evaluation team will visit the institution to gather evidence that the self-study is thorough and accurate. The team will recommend to the Commission a continuing status for the institution; following a review process, the Commission itself will take the final action.

The public is invited to submit comments regarding the institution to:

Public Comment on Saint Michael's College, Commission

Carpool Connection

HUNTINGTON to COLCHESTER: Going my way? I'm hoping to get a ride to work. My hours are 8-4:30, M-F, and are somewhat flexible. (3243)

ESSEX JCT. to IBM: I need a ride to work. I'm hoping that someone who works at IBM can pick me up on their way to work. My hours are 8:30-5, M-F. (3239)

ESSEX CTR. to IBM: I work the 3rd shift and am hoping to get a ride from someone who is also working that shift. (3238)

BURLINGTON to RANDOLPH: I work in Randolph 2 days/wk. and would like to share driving w/ someone. My hours are 9-5 and the days vary. Please call 652-5190.

SO. BURLINGTON to MONTPELIER: I'm looking to share driving with someone on my daily commute. My hours are 7:30 a.m.-2:45 p.m. (or later if nec.), M-F. (3234)

COLCHESTER to COLCHESTER: Help! I need a ride to my job. It's a short trip, but too far to walk. My hours are M-F & Sun., 9-6 p.m. (3233)

GRAND ISLE to MONTPELIER: I'm looking to share driving with someone. I work 4 days/wk, 8-4:45 p.m. (1210)

SHELBURNE to BURLINGTON: I work in the evening and would like to get a ride with someone who leaves Burlington around 9 p.m. I work M-F. (3242)

SHELBURNE to SO. BURLINGTON: I work in the U-Mall area and am looking for a ride. My hours are M, T, W, F & Sun., 7-3 p.m. (3231)

BURLINGTON to SO. BURLINGTON: I'm looking for a ride to the U Mall. My hrs. are 6 p.m.-10 a.m., M-F. I really need a ride to work if someone could just take me one way. (3229)

RICHMOND to UNDERHILL: Help! I need a ride to work for a few weeks. I work 7-4, M-F. (3230)

BURLINGTON to GRAND ISLE: I'm looking for a ride 2 days/wk., either M/W or T/TH. I would like to be in Grand Isle by 2 p.m. and leave Grand Isle for Burlington the following day around noon. (3227)

JERICHO to BURLINGTON: I am looking for a ride temporarily—just one way in the morning. I need to be in Burlington at 8 a.m., M-F. I'm willing to pay my way. (3225)

SO. BURLINGTON (Spear St.) to BURLINGTON: I am looking for a ride to work in the a.m. I need to be downtown by 7:30 M-F. (3224)

WINOOSKI to SO. BURLINGTON: I'm looking to share driving or be a passenger on my commute. My hrs. are M, T, W, F 9-5:30 & TH 12-8. (3222)

BURLINGTON to MONTPELIER: I am hoping to travel to Montpelier once a week at 8 p.m., returning to Burl. the next morning at 8 a.m. (3219)

WATERBURY CTR. to WINOOSKI: I am looking for a ride. My hours are M, W, TH 8-4, TU 8-5, & F 8-3. (3217)

SO. BURLINGTON to WATERBURY: I would like to share driving with someone to Waterbury. My hours are M-F, 8-5. (3216)

VANPOOL RIDERS WANTED
Route from: Burlington & Richmond Commuter Lot
To: Montpelier Monthly Fare: [illegible]
Work Hours: 7:[illegible] to 4:29 p.m.
Contact: [illegible] Phone: [illegible]

Vermont Rideshare

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"FAULTLESS"
THE WOMAN HAD MADE HIM KILL HER
LAY@WAYLAY.COM
WHEN HE WAS CAPTURED, HE DENIED THAT HE HAD DONE IT
NOT GUILTY
HE SINCERELY BELIEVED THAT SHE HAD KILLED HERSELF BY HER OWN STUPID ACTIONS.
DURING HIS ESCAPE, HE BELIEVED THE SAME ABOUT THE GUARDS HE KILLED
STATE
HE WAS BLAMELESS. THOSE PEOPLE HAD ENGINEERED THEIR OWN FATES.
ACROSS THE BORDER HE EXPECTED TO FIND SOME PEACE AND QUIET.
BUT EVEN THERE, PEOPLE MADE PITIFUL MISTAKES.
THEY FORCED HIS HAND
THEY SEALED THEIR OWN FATES.
ONE DAY THE MAN WAS FOUND DEAD BY HIS COMMON LAW WIFE
WHEN ASKED HOW IT HAPPENED THE WOMAN SAID HE HAD KILLED HIMSELF
BUT AT LEAST SHE KNEW SHE WAS LYING

LEGALS

on Institutions of Higher Education New England Association of Schools and Colleges

209 Burlington Road Bedford MA 01730-1433 e-mail cihe@neasc.org

Comments must address substantive matters related to the quality of the institution. Comments will not be treated as confidential. Written, signed comments must be received by March 15 2000. Comments should include the name, address and telephone number of the person providing the comments.

The Commission cannot settle disputes between individuals and institutions, whether those involve faculty, students, administrators or members of other groups. Individuals considering submitting complaints against an affiliated institution should request the separate Policy and Procedures for the Consideration of Complaints Made Against Affiliated Institutions from the Commission office.

LEGALS

CITY OF BURLINGTON TRAFFIC REGULATIONS

The following are enacted by the Public Works Commission as amendments to the City of Burlington's Code of Ordinances, Appendix C Traffic Regulations.

Sec. 12 No parking daytime or weekends except by trucks loading or unloading

No vehicle other than a truck actually engaged in the loading or unloading shall, between the hours of 8:00 a.m. and 5:00 p.m., except Sunday, and for no more than thirty (30) minutes, use the following parking spaces:

(1) through (44) As Written

(45) [The second space on the south side of Bank Street 40 feet west of Church Street]. Reserved

(46) through (64) As Written

Adopted this 5th day of January, 2000 by the board of Public Works Commissioners

Attest Frederick Matthews Engineering Division

Adopted 1/5/2000 Published

LEGALS

1/19/2000 Effective 2/16/2000

Material in [Brackets] delete. Material underlined add

CITY OF BURLINGTON TRAFFIC REGULATIONS

The following are enacted by the Public Works Commission as amendments to the City of Burlington's Code of Ordinances, Appendix C Traffic Regulations.

Sec. 7 A Handicapped Space Designated

No person shall park any vehicles at any time in the following locations, except automobiles displaying special handicapped license plates issued pursuant to 18 V.S.A. 1325, or any amendment or renumbering thereof:

(1) through (129) As Written

(130) The space in front of 22 Charles Street

(131) The space in front of 40 Allen Street.

Adopted this 5th day of January, 2000 by the board of Public Works Commissioners

Attest Frederick Matthews Engineering Division

Adopted 1/5/2000 Published 1/19/200 Effective 2/16/2000

Material in [Brackets] delete. Material underlined add

CITY OF BURLINGTON TRAFFIC REGULATIONS

The following are enacted by the Public Works Commission as amendments to the City of Burlington's Code of Ordinances, Appendix C Traffic Regulations.

Sec. 8 Fifteen Minute Parking

(a) No person shall park any vehicles at any time, longer than fifteen minutes between the hours of 8:00 a.m. and 10:00 p.m. Sundays and Holidays excepted in the following areas:

(1) through (65) As Written

(66) [In the parking space o

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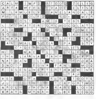
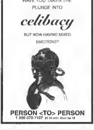
Answers To Last Week's Puzzle

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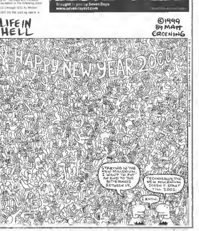
LIFE IN HELL
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HAPPY NEW YEAR 2000
STARTING IN THE NEW MILLENIUM, I WANT TO PUT AN END TO THE BITTERNESS BETWEEN US.
TECHNICALLY, THE NEW MILLENIUM DOESN'T START TILL 2001
I KNOW.

7D Classifieds • 864.5684

LEGALS

front of No. 116 North Street)

(56) The 2 spaces on the north side of North Street beginning 20 feet east of North Champlain Street, each space being (20) feet.

(57) through (125) As Written

Adopted this 5th day of January 2000 by the board of Public Works Commissioners

Attest Frederick Matthews Engineering Division

Adopted 1/5/2000; Published 1/26/2000; Effective 2/16/2000

Material in [Brackets] delete
Material underlined add

Youth & Adult Dance Classes

266 College St. Burlington
862-9622

wellness

AROMA-THERAPY

STAR ROOT: Specializing in fine custom blending for your aromatherapy, beauty & body care needs. Carrier oils & supplies avail. We stock over 100 therapeutic grade pure essential oils. Ask about bulk pricing. 174 Battery St. Burl. 862-4421

CHIROPRACTIC

HEATHER DONOVAN 864-4959. *See display ad.*

DREAMS

DREAMS WORK: A new dream group beginning soon. If interested call Bill 864-5347.

FITNESS

YMCA 862-9622. *See display ad.*

HEALING

SUE JAMIESON 223-3098. See display ad.

wellness

MASSAGE

EXPERIENCE THE ULTIMATE massage! Treat yourself or a friend to the incredible relaxation & effectiveness of exquisite Oriental massage w/ JinShin Acupressure. Assists in stress relief, injury recovery, renewed vitality. Fantastic gift. Gift certifs. avail. $5 discount w/ ad. Acupressure Massage of VT. J. Walters. 425-4279.

THERAPEUTIC BODYWORKS 425-2688. *See display ad.*

TREAT YOURSELF TO 75 MINS. OF RELAXATION: Deep therapeutic massage. Sessions $50. Gift certificates. Located in downtown Burl. Flexible schedule. Asha Silberman. 872-7069.

wellness

MASSAGE

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The Straight Dope

Dear Cecil,

Do bears actually sleep straight through winter, and if so, how do they keep from dehydrating?

— Ashley S., Memphis, Tennessee

Easy — they don't pee. You were expecting maybe Gatorade? You may think hibernation is another bit of naturalist hype, like the millipede having a thousand legs or the century plant blooming every hundred years. Uh-uh. Although they can rouse themselves quickly if disturbed, bears really do sleep for three to seven months during winter — not because of the cold but because of the scarcity of food. What's more, they do so without dehydration or other harm to themselves, although they shed more than a quarter of their body weight during their long nap — as much as 250 pounds. (They bulk up during the warm months.) Bear hibernation is of great interest to scientists, who hope it will teach us how to help people with kidney disease, anorexia and other problems. And while we're at it, how to sleep off extra weight.

Bear hibernation is sometimes called winter sleep or denning to distinguish it from the deep hibernation of marmots, woodchucks and certain squirrels, which basically go into suspended animation and are cold to the touch. In contrast, says bear expert Edgar Folk, the bears' body temperature drops only about 10 degrees Fahrenheit. Still, they undergo some pretty dramatic physiological changes. Oxygen use drops 50 percent, and heart rate decreases from 40 to 50 beats a minute during summer sleep to 8 to 10 beats during hibernation. Eating, drinking, urination and defecation cease. (One notable aspect of bear hibernation is formation of an anal plug, but I'd just as soon not get into that.) Despite all this, pregnant females give birth in midwinter and afterward nurse their cubs.

How do bears avoid going to the potty? First of all, they subsist entirely off their own body fat, which produces a minimum of waste, just water and carbon dioxide. Second, they recycle what urine they do produce. (What do you mean, "Ew"? Next time you're on a long car trip, you'll wish your kids could do it.) Bears are able to convert the toxic urea in urine into usable protein, a feat that offers hope to people with kidney failure. Bears do lose a certain amount of water through respiration, but they're able to replace that with water metabolized from fat.

Bears also recycle calcium, so they don't suffer loss of bone mass, a problem that bedevils astronauts on long space missions. This inspired hibernation expert Ralph Nelson to suggest in a 1973 paper that the space program could learn a lot from bears. Noting that body fat, which supplies approximately 3500 calories per pound, is a much more efficient fuel source than conventional food, Nelson proposed (in all seriousness, he tells me) luring obese astronauts, who could live off their own blubber rather than haul along a bulky food supply. Not a bad idea, especially since 20 percent of Americans are now considered obese anyway. Off my case! you can tell people as you scarf another Ho Ho. I'm training for a mission to Mars.

ILLUSTRATION: SLUG SIGNORINO

Dear Cecil,

Parachuting out of airplanes is routine now, but who was the first person crazy enough to think he could do this and live?

— Lapdlubber, via the Internet

The person credited with first demonstrating the principle of the parachute is Louis Sebastien Lenormand of France. Some accounts say that in a characteristic display of Gallic abandon he jumped from a tower with two parasols in 1783. More likely, however, he dropped animals. Several other people are also reported to have jumped, but the question is whether we should count guys with crummy makeshift parachutes who fell like pigs breaking their legs. The first guy definitely known to have jumped successfully himself is Andre-Jacques Garnerin, who gave his first parachuting exhibition on October 22, 1797. He used a balloon to haul his rig, a canopy 10 meters in diameter with a basket beneath, to a height of 600 meters (some say higher) before cutting loose.

Necessity has been the mother of many parachuting innovations. The first free-fall parachute jump has been credited (by some, anyway) to Tiny Broadwick of the U.S., who began doing parachute jumps as part of a carnival act at age 15. On September 13, 1914, she was demonstrating parachute jumping for the army when her static line, which automatically opens the chute, became entangled in the underside of the airplane. Cutting the line, she threw herself free of the plane, then pulled the end of the line. The chute opened, she reached the ground safely, and another extreme sport was born.

— CECIL ADAMS

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january 20-27

real astrology

By Rob Brezsny

ARIES (Mar. 21-Apr. 19): Alfred Nobel, the inventor of dynamite, was upset by the public perception that he was a "billionaire monster." (He was called that in a newspaper article.) To cast himself in a more favorable light, he used part of his large fortune to establish the Nobel prizes, which to this day are among the most prestigious in the world. Your image problem isn't anywhere near as severe as Nobel's, of course, but wouldn't you like to polish up the tarnishes that might undermine the coming year's opportunities? During the next few weeks, I advise you to shine your reputation to a glossy sheen. Be as creatively noble as Nobel.

TAURUS (Apr. 20-May 20): Hundreds of years before Europeans, the Chinese invented many of civilization's wonders. Paper, clocks, movable type, fertilizer, iron-casting and the wheelbarrow were just a few of their precocious creations. Yet by 1400 their technological progress had slowed, as had economic growth. By 1600 Europeans surged ahead, establishing a discrepancy between the two regions' wealth which survives to this day. What happened? "[China's] elite valued stability above all," says *The Economist*. "New ideas, especially foreign ones, were suspect." Here's the moral of the story, Taurus, as it pertains to your destiny at the start of 2000: Cultivate an appetite for change. Use your growing resources not to hunker down in stagnant comfort but to venture out on ever greater dares.

GEMINI (May 21-June 20): If you stand on a mountaintop on a clear night, it's possible to detect a burning candle 40 miles away. You can achieve a comparable effect this week merely by closing your eyes and meditating 20 minutes a day. That's because you're now poised at an unusual cusp that gives you the power to behold inner visions of both your life's big picture and the small but crucial details you've been missing. It'll be like looking through a telescope with one eye and a microscope with the other.

CANCER (June 21-July 22): Polls show that 57 percent of heterosexual women would prefer to go on a shopping spree than have sex. Maybe that has something to do with the fact that 77 percent of all hetero men think that 10 minutes is a long time to spend making love. These unfortunate statistics are likely to be refuted by the Cancerian tribe in the coming weeks, however. That's because you Crabs are slipping into the hottest phase of your cycle. It's time to do more than just follow your bliss, my friends. Follow your eye-rolling, toe-curling, howl-inducing rapture.

LEO (July 23-Aug. 22): Two Englishmen have already written a book called *The Traveller's Guide to Hell*, so it would be redundant for you to do so. And besides, you're not really qualified to pen such a tome, though your flair for the dramatic may have whipped up hellish fantasies during the odd adventures of the past few weeks. To be honest, a more appropriately titled handbook for you to create would be *The Traveller's Guide to Limbo*. Here's a suggestion for the proverb you could put right at the beginning: *Never test the depth of a river with both feet.* (P.S. Your ticket out of limbo will arrive this week.)

VIRGO (Aug. 23-Sept. 22): The saguaro cactus rarely sprouts its first arm before the age of 75. Grandma Moses launched her painting career in her seventies. Henry Miller was 69 before his books were published in his native land. Let them all be an inspiration to you, Virgo, as you contemplate the seeming curse which has prevented you, all these years, from ever enjoying a lengthy lucky streak. If you'll just keep the faith through the brief dry spell ahead, I'm sure that the long-running whammy will soon expire. A decade from now, you'll look back at 2000 as the year when blessings flowed in eerie abundance.

LIBRA (Sept. 23-Oct. 22): It's a read-between-the-lines week. Nothing is as it seems. On the other hand, nothing is the opposite of what it seems. Life isn't fair, but neither is it unfair. You can expect lots of fine print, trick questions, and eternal mysteries. To get the hang of the skills you'll need, I suggest the following exercises. 1) Watch the sky between the branches and the shadows on the water and the reflections in car windows. 2) When trying to understand what people are saying, listen closely to what they're leaving out. 3) If you have a compulsion to suppress feelings that are bubbling up in you, heed them twice as much.

SCORPIO (Oct. 23-Nov. 21): Let's face it: You weren't held nearly enough as a child. Though the damage isn't totally reversible, you can do a lot to compensate, especially during an astrologically ripe moment like now. I propose that sometime in the next week, you stage a three-day Hug Marathon. Line up a series of generous souls who are skilled in the art of the nurturing embrace. On each day of the marathon, wangle at least six hours' worth of snuggling, cuddling, and plain old bear hugging. Before it's over, you just may find your childhood becoming happier right in front of your eyes.

SAGITTARIUS (Nov. 22-Dec. 21): Do you become more out of control when you overindulge in tequila or in gin? Are you more prone to wriggle out of your responsibilities when you're starved of sleep or deprived of love? Let's make a deal: You'll conduct neither of these experiments this week, okay, Sagittarius? Promise me, too, that you'll avoid all temptations to think of yourself as an indestructible superhuman without any limitations. And if you'll allow me one more request, I'll beg you not to shoot your quiver-full of arrows at a hundred different moving targets but instead take aim again and again at a single stationary bull's-eye.

CAPRICORN (Dec. 22-Jan. 19): One summer day in 1797, the poet Samuel Taylor Coleridge fell into an opium-induced sleep. By the time he awoke three hours later, he had dreamed an entire 300-line poem, which he immediately began to transcribe. Well before he finished, however, a knock on the door interrupted him. Instead of ignoring the distraction, he greeted the visitor and talked for an hour. When he returned to the task of writing down his inspired vision, it had faded. Try as he might to recover it, in the end he produced only 54 lines. Many critics have said that "Kubla Khan," the fragment that survived, is among his best work. Yet how much greater it might have been had he captured the rest. Let this tale be the secret warning you carry with you this week, Capricorn. Let no one and nothing detour you from climaxing your labor of love.

AQUARIUS (Jan. 20-Feb. 18): Happy End of the End of the World. We've made it to the fourth week of January 2000 without getting stung by the Y2K bug or slaughtered by any of the Armageddon scenarios of the Christian fundamentalists or Nostradamus wannabes. Let's hope that means that all the doom-and-gloom prophets out there will finally JUST SHUT UP ALREADY so we can concentrate on more interesting visions of the future — like for instance graduating from the "no pain, no gain" approach to self-improvement and getting the hang of learning from pleasurable experiences. I nominate you Aquarians to lead the way. To take maximum advantage of all the educational opportunities that await you in the coming months, all you have to do is work hard at feeling really, really good.

PISCES (Feb. 19-Mar. 20): It would be a perfect time for you to make a pilgrimage to Holland's Museum of Silence. Over the loudspeakers there you could hear an assortment of modern history's greatest soundless moments. An experience like that might drive home how important it'll be in the coming months to shield yourself more aggressively from the rising tide of noise. If a trip to the Netherlands is impossible right now, promise me that in the privacy of your own home you'll create a ritual to invite large doses of beautiful, healthy quiet into your life. For extra credit, turn off the radio, TV, stereo and computer for 48 hours.

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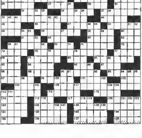
Updated Tuesday night.

7D Crossword

last week's answers on page 46

ACROSS
1 Enjoys an enchilada
5 Cargo crane
10 Circus employee
15 Hilarious Howard
18 What you used to be
19 Mennonite group
20 Cheer
21 Planted
22 Bovine jazzman?
24 Famed fabulist
25 Geometric figure
26 Chrissie of The Pretenders
27 Warts and all
28 Actress Munson
30 "May I interrupt?"
31 Certain Bernie
34 Bovine Cassidy
37 Pay
39 Bovine auto racer?
44 Fit
45 Crony
46 Director Ferrara
47 Rock's — Trick
50 Yellowish
[illegible]
53 Chasm
56 Adams or Astor
57 Couch
58 Marie of "Nurses"
60 LAX letters
61 Kimono closer
64 Jab
65 Noisy mutant
66 Mystical
68 German city
71 Electronic device
72 Say please
73 "Beat It"
74 Bovine outlaw?
77 Salute
78 — Arb
79 Free-for-all
80 Word with water or story
81 Costume sparkler
83 Actor Kjellin
84 Learn fast?
85 Spare tire
87 Johnny Yuma, for one
88 Mythical bird
89 Periodic table abbr.
90 Save someone a letter
93 Writer Runyon
97 Rise
99 [illegible]
101 Beholds
103 Southern constellation
104 Sue of "Lolita"
106 Bovine actress?
110 "Cat —" ('65 film)
112 Exodus edible
113 Prussian one
114 Melville work
116 "— Day Now" ('62 hit)
117 Is he, to Baudelaire
120 Entangle
124 Puzzle direction
125 Chutzpah
128 Bovine publisher?
131 Ages
132 Church law
133 Drinks
134 Bananarama, e.g.
135 Actress Susan
136 Endangered animal
137 Adjust a watch
138 Time to evolve?

DOWN
1 Decorate glass
2 Nautical cry
3 Wilder's "Our —"
4 Dairy treat
5 Smidgen
6 [illegible] org.
7 Jet-setter's need
8 Egyptian deity
9 Religious belief
10 Bristol brew
11 Bristol brass
12 Jocular Jackie
13 School founded in 1440
14 Meal
15 Bovine boxer?
16 Provincial
17 "— Mine" ('85 film)
21 Justice Antonin
23 SL-to-be
28 Astound
30 Chicken — king
32 Iceberg's kin
33 '68 US Open winner
35 Exploit
36 Small malt
39 Hydrotherapy site
40 Actor Hunter
41 TV Tarzan
42 Franco of "Camelot"
43 Drop
46 Salad type
47 Spongelike
51 Bright inventor?
52 Like Lincoln
54 Syllable group
55 Alphabet sequence
57 Ingratiating
58 Silo stuff
59 Victoria's husband
62 It's spotted at zoos
63 Bovine bandleader?
66 Louisiana university
70 Geographical abbr.
71 "Clair de Lune" composer
73 [illegible]
75 Car bomb?
76 Grabs all the goodies
77 Neighbor of Hispaniola
78 Bob of basketball
80 Proof letters
85 Rock hound?
86 Eager
91 Castle or Cara
89 "How — Is Your Love" ('77 hit)
93 Deluge
95 Supper scrap
96 Stingy serial
98 Stockings
100 TV listing abbr.
102 Big —, CA
105 Shade of meaning
107 Ecclesiastical title
108 Sage
109 Put the match to
110 Portended
111 "That's —" ('53 tune)
112 Lay at Blyth
113 "A Face in the Crowd" actress
115 Glamorous
118 They're often beaten
121 Curly coif
122 Equine accessory
123 Aphrodite's son
126 "— Ryan's Express" ('65 film)
127 Remnant
129 TV's "— View"
130 Presidential monogram



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women seeking men

SWPF 39, LOOKING FOR A FIT, EDUCATED professional with a sense of humor. 1761

ELEGANT, YOUTHFUL, POLITELY PLEASE — sweet 5'9 [illegible] with great legs and character — seeks zesty, positive-minded [illegible]. Must have distinct individuality, be slightly frisky, and retain stability once harvested. Vintage 1959-65. 1789

BEEN THERE? DONE THAT? TIRED OF PLAYING around? Plus-size F likes movies, music and just doing. ISO M, 30-45, adventurousness and open mind required. 1689

ENERGETIC, VERY FIT SWPF 40, SEEKS [illegible] to share a perfect day in sports outside followed by an evening of good conversation, music and food. Friends first, looking for LTR. 1691

SWPF 29, INDEPENDENT, CONFIDENT, VERY attractive, intelligent woman looking for a man of the same. Searching for best friend and companion to share romance, adventure, cooking, music, etc. [illegible] Still believing [illegible] 1693

PURRR-O ON ITS WAY! Let's go to the party! SJF, 38, 5'9", long, dark hair and blue-eyed. You are 43-51, most physically fit and Jewish or interested in [illegible]. 1696

ATTRACTIVE, VIVACIOUS, HAPPY & FIT [illegible] seeks the final piece of her life puzzle: a SPM, 5?-60, who is attractive, intelligent, sincere and fun. 1699

ATTRACTIVE, SLENDER, SHAPELY LADY W/ charm and [illegible] seeks intelligent, sensitive gentleman, over 42, who enjoys dining, dancing and conversation. 1721

SWPF 47, 5'7", 150 LBS., WOMAN OF substance, beauty, intelligence, passion, good quality, laughter, compassion, vision and soul. Seeking playful, appreciative interaction with like M. Celebrating life through outdoor [illegible] favored. 1690

ATTRACTIVE, FIT, TALL SWF ENJOYS GOING out, dinner, movies or just sitting home w/ a good fire. Looking for M, 30-40, with similar interests to start off as friends then go from there. 1730

PETITE SWF, 25, ATTRACTIVE, ISO EDUCATED SWM. Must have great sense of humor and be understanding, like to downhill ski, watch movies, dine out and have a good time. 1624

ATTRACTIVE, FIT 46 YO DWF, BALANCED, trim, caring, looking for a [illegible] great man to ignite that spark inside me. Seeking smart, [illegible], fit, passionate, NS professional, 40-50. 1623

OXYMORON: INTELLIGENT BLONDE! ISO SM friend, 31-45, understanding, honest. SWF 32, mother, kind-hearted, sensual, elegant, creative, earthy, practical. Loves Bach to classic rock, wine, intelligent conversation, reading. [illegible] 1601

"FRIENDS FIRST." SWPF 35, ISO SWM, 32-40, NS. Qualities needed: sense of humor, hardworking, not bald, a working brain, active, open-minded, loves dogs, not needy. Blue eyes a plus. 1576

INTELLIGENT, SENSUAL, WITTY & SENSIBLE WPF in second half of 40s. ISO affectionate, socially adept, self-actualized & available man of similar age to share conversation, books, movies, love of [illegible], family. Share laughter, great food, *Sunday Times*. 1577

NEWLY LIBERATED YOUNG CYNICAL VIXEN on a quest for a sexual carnivore or sugar-daddy. 1573

SEEKING FINE WOODWORKER WHO APPRECIATES a 5'4", unusual gem (no veneer), curved, carved one-of-a-kind construction (sturdy) of warm natural finish, and can dovetail w/ active/middle-aged country life, animals, camping/travel, art/photography, skiing/kayaking, education. VPR. DWPF NE. 1818

DPF, ATTRACTIVE, THIN, 40S. My ideal man has the guts, smarts and [illegible] of the character Pacino plays in *The Insider* and the coolness of the character Washington plays in *Devil in a Blue Dress*. You come close? 1528

FULL OF LIFE, UNSOPHISTICATED, INTELLECTUAL, sensual, spiritual, silly, ex-Christian, organic foodie, [illegible] vegetarian SWF seeks taller S/DWM, NS, 35-50, for sharing hikes, meals, insights. Southwestern VT. 1558

SWF 35, DESIRES THE WHOLE PACKAGE. Tell me all of your secret longings [illegible] topped off by a wicked sense of humor lined with a goofy heart. 1560

SHY, FUN, INTELLIGENT & FIT 25 YO W/ brown eyes/hair, seeks funny, sincere, 20-31 YO for friendly skiing, snowshoeing and maybe a warm cup of cocoa when it's too cold outside. 1586

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F, 23, OPEN-MINDED, CREATIVE, INTELLIGENT, loves to laugh and have interesting conversations, seeks same. Social smokers a plus. 1567

BIG WITH BIG WPF 45, 5'8", NS, BLONDE/ blue-eyed. Blue collar. Seeks tall PWM, 40s, liking for [illegible] outdoors and out doors. Friends first. 1501

SPF, ATTRACTIVE, INTELLIGENT, ENJOYS outdoor activities, very fit, sense of humor. Seeking same for M, 39-48. 1504

MUST BE IN THE WRONG PLACE at the wrong time, because I haven't met you yet. SWF 45, NS/ND, on the [illegible], ISO loving, kind, creative, intelligent adventurer in life. 1505

CREATIVE SPIRIT SEEKING M, 50+, WHO HAS subversive style, kind heart & a drive to chuckle. My likes: rural living, simple abundance, whole foods, [illegible], world music, some endeavors. 1512

FUN-LOVING, INNOCENT CHILD INHABITING robust, vital DPPW 54 YO body. Outgoing massage therapist, musician, NYC transplant finally ready for honest companionship, shared acceptance and passion. Only available need apply. 1513

SUPER SENIOR. WF 73, ISO SWM, 68-75, to enjoy the rest of the ride. I'm attractive, dress well, enjoy socializing, dining out, various types of music. Love to dance, travel. Would love to cook for that special someone. If that's you, then I'm here waiting breathlessly. 1514

ATTRACTIVE SWF 25, ACTIVE, LOVES OUTDOORS, cuddling, dirty laughing and travel. ISO SM, NS, 25-30, with similar interests for friendship and possible LTR. 1452

VIVACIOUS VIXEN SEEKS LONE WOLF. SWF [illegible] blonde, attractive, fun seeks tall good sport [illegible] for romantic moonlit walks, howling at the moon and tail chasing. I am worth the call, are you? 1477

DISPLACED DIRT FARMER DESIRES fellow fool, spiritual [illegible] traveller. Where will we go? Kosovo? Kauai? The kitchen? Have lots of humor & books? I'm 44, [illegible] athletic, [illegible]. Mostly happy. 1480

ETERNAL OPTIMIST SWF 33, ENJOYS ALL aspects of healthy living. Lover of history, geography, humor, [illegible], reading, travel and the outdoors. Spiritually and culturally open-minded. Seeking companion to share all of the above and more. 1475

MAMBO NO. 5... A LITTLE BIT OF JANIE, A little bit of [illegible]: Zelda, Margot, [illegible], Amelia, Paula, Natasha, Meryl. Here seeks a little bit of Joel, [illegible], Lenny, Lambert. 1476

SWPF 20-SOMETHING, RUBENESQUE, blonde/blue. Looking for winter adventure, late night talking, good [illegible], more? You: motivated, smart, funny and bored with Burlington's [illegible] superficialities. Meet for coffee? 1489

men seeking women

STOUT, HARDY LIKES TO DANCE, RIDE, HIKE. Strong, gentle hands to touch, mind to hold. Head of wisdom to think, laugh and feel. What about you? ISO LTR w/ active WPF 40s. 1751

24-YEAR-OLD ROCKET SCIENTIST W/ STUDIO looks [illegible] hot motorcycle and a few eternal inconsistencies in search of a woman. 1753

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BORED INTELLECTUAL [illegible] SEEKS SF to keep life interesting — movies, books, quiet time, conversations that last all night, jokes and fun. Me: SWM, 25, non-smoker. You: SF, 18-25, NS.

NO SENSE OF HUMOR, 5'10", 170 LBS., good-looking, fit, NS, divorced, young [illegible] w/ hair & teeth. Barnes & Noble, skiing, dining, waterfront. ISO good-looking lady w/ half teeth and a sense of humor. 1764

WHERE'S THE SNOW? SWM, 39, [illegible] SKIER looking for winter, seeks like-minded SWF for [illegible] & downhill skiing, hiking, tennis, boating, travel, dining. Positive attitude, humor, ambition & active lifestyle. 1765

PREFER CANOES TO COMPUTERS, mountains to malls. DWM 43, lean, fit, active, [illegible], bearded, reasonable, organic-minded type. Looking for someone in touch with their own personal ecology. 1768

SINCE FEELING @ MOST... teacher and [illegible] 45, never married, gentle, [illegible], lighthearted, [illegible] NS, ND, very fit but not sedentary. ISO someone similar, [illegible] younger, to love. 1779

SWM, 41, I'M LOOKING FOR A LADY WHO'S honest, down-to-earth and easy going. Do you enjoy camping, golf, weekend getaways, movies, dining out, playing cards and much more? Let's talk! 1686

RESEMBLE THE LADY DESCRIBED IN 12/29 "Lola" (pg. 43)? Are you affectionate, graceful, intellectual? [illegible] gentle, creative, wild 30s SWM who's not jealous! Let your fingers do the walking. 1692

NEW YEAR'S RESOLUTION: Find my soulmate. SWPCM, 34, 5'8", 180 lbs., muscular, attractive. Hardworking, marriage-minded. SD honest, in shape F for fun, romantic, caring, sensual, sometimes kinky, exciting, faithful, loving relationship. Love slow dancing & country living. 1697

COMMITMENT-MINDED SM, 46, 5'8", 155 lbs., very fit, fun, enjoys vacations, [illegible], convertibles, [illegible] hot tubs. ISO petite, responsive, tender, loving, playful F. 1698

EXCITE ME W/ CUTE, SENSITIVE, SWEET, caring, intelligent, sexy, artistic, kids! [illegible] kissing, [illegible] big-hearted, honest, passionate PF 18-24, HS/MA, who demonstrates the knowledge of good morals, joyfulness and beauty. 1700

20-SOMETHING, LONG-HAIRED, POT-SMOKING, [illegible] antisocial jazz geek needs help drinking coffee, hanging around in clubs 'til late, watching concerts/bonfires, and having fun. Bright moments. 1703

WANTED: ALIVE & KICKING STELLATE-EYED, smoke-free SWF with creative imagination and no dependents to become soulmate for SWM, 44. Reward: [illegible] only. 1704

WE ARE ALL MADE OF THE SAME STUFF YET we [illegible] out from each other. Looking for [illegible] to hang out with who appreciates the difference. Honest, fun-loving, playful lady, 28-40. 1705

SWPM, MOST YOUNG 39, ISO ADVENTUROUS, energetic partner for rock & ice climbing, hiking, playing in the snow. 1706

2000 THINGS TO DO... AND ONE @ TO MEET you! 36 YO SWPM seeking SWPF to help complete my list of things to do, including snow sports, mountains, water, wine, concerts. 1707

ATHLETIC, FRIENDLY, HONEST, SHY SWM, 38, 6'0", 195 lbs., loves outdoors, being active year 'round. Never married, [illegible], ISO younger, trim, active SWF, similar interests. Friendship/LTR. Take a chance. 1710

COMMUNICATION @ KEY. DWCM, Italian/Amer. [illegible] 50s, NS/NA, looking for social extrovert, active CF, shapely, late 40s, over 5'5", proportional weight with interests in church, dining, dancing, social interaction. 1711

LOVING, KIND, RELIGIOUS, EDUCATED, OPEN-MINDED WPCM, 37, never married, ISO woman to befriend, share the joys of life with. Must be able to deal w/ my M.S. 1712

THIS HAS GOT TO BE A FIRST... Attractive M, 29, w/ ambition actually ISO strong, intelligent, athletically inclined, attractive F, 25-32, to get to know, possibly develop a LTR. 1713

BLUE EYES, BIG HEART. LOVE TO LAUGH, love to make you laugh [illegible]. Enjoy the [illegible] outdoors, good [illegible] and [illegible]. Photography [illegible]. Waiting for your reply. 1715

NEW IN TOWN. Gentleman, nice eyes, SWPM, 38, decent, honest, fit, handsome, secure, likes travel, fine dining, movies, all outdoor activities. ISO warm, attractive, fit SAF or SWF. Please call. 1716

COME OUT AND PLAY. SWM, 41, SEEKING partner for exploration and adventure. Enjoys travel, arts, reading, good ideas and witty, [illegible] conversation, occasionally [illegible]. Tell me your story. 1717

DM, 49, OUTDOOR/OUTDOOR ENTHUSIAST hoping to meet slender F, [illegible], with similar interests. [illegible] VT. 1721

20 YO COLLEGE STUDENT, ASPIRING chemist, aspiring [illegible] and wannabe teacher, seeks an attractive SF, 20-24, to teach him some things about love. NH. 1723

43, HANDSOME, SELF-EMPLOYED ORGANIC farmer, naturalist type, seeking natural blonde, 32-42, NS, who's interested in same: loves dogs, dirt, water, rocks and [illegible]. Good [illegible] a plus! 1725

BEAUTY, HEALTH, HAPPINESS & WISDOM reflect from a highly evolving spirit divinely created, complete, not needing anybody or anything. I am [illegible] a reflection/[illegible] here. 1729

MOST ATTRACTIVE SWPM SEEKS SLENDER, pretty girl, 23-42, for good times, laughs and possible LTR. I'm NS, [illegible] kids or baggage. Prefer the same but kids might be OK. 1730

Ask Lola your love counselor

Dear Lola,

I've recently started dating a new guy. He's got a lot going for him, and we get along really well. The only problem is that, ever since childhood, he's had this ridiculous nickname, "Lumpy." I knew we'd gotten intimate when he confided this name to me, and said he wouldn't mind if I used it. Of course what he really meant was that he wanted me to call him "Lumpy," and I am touched. But I can't bring myself to do it. "Lumpy" is just too awful and silly. Help!

— Mute in Milton

Dear Mute,

I feel your pain. I hope you'll take comfort in remembering that names are like chameleons. They have a funny way of changing color with their surroundings. Back in the 1920s, Adolph seemed perfectly dandy. And nobody was named Samantha before "Bewitched." Practice saying "Lumpy" to yourself. When you can do it without laughing, try it on him. My guess is that as you grow closer to him, his name will grow on you.

Love

Lola

Reach out to Lola
c/o SEVEN DAYS, P.O. Box 1164,
255 S. Champlain Street,
Burlington, VT
05402

Call now! [illegible]
1-800-710-8727
charge directly to your CREDIT CARD.
any phone. anywhere. any time.

Or respond the old fashioned way:
CALL THE 900 NUMBER.
Call 1-900-370-7127
$1.99/min. must be 18+

person to PERSON

don't want a charge on your phone bill? call 1-800-710-8727 and use your credit card. 24 hours a day! $1.99 a minute must be 18+

men seeking women

SUBY GUY, 5'10", SEEKS COMPANION TO see films, drama, music, dance, art. Biking, wit, cynical humor and idealistic love of unpolished beauty essential. 1751

NO GAMES. [illegible] real DWM, 40s, athletic, attractive, youthful, seeking a wonderful F who is ready and available for an honest, committed relationship. Start as friends. Let's talk. 1648

VERY SPECIAL MAN ISO BEAUTIFUL WOMAN for fun, adventure, holding and lifetime relationship. SWPM, 47, 5'9", secure, enjoys travel, fun, good conversation, giving and much more. 1625

ALPHA SEEKS OMEGA. Attractive SWM, 33, new to VT seeks honest soul for friendship, possible LTR. Likes bookshops, coffeehouses, outdoors and animals. ISO SF genuine sense of humor. 1620

WHERE ARE YOU? STILL LOOKING! 30s SWM, NS, health conscious. Likes camping, cooking, cuddling, music, gardening, kayaking, nature, writers. ISO healthy, attractive, like-minded SWF 24-40, for friend and LTR. 1615

SWM, 39, NS, HANDSOME, ROMANTIC, looking to meet that special S/SWF 30-37 [illegible] and open to all kinds of adventurous activities. Margaritas and [illegible] are my favorites! 1578

FAN-BOY SEEKS FAN-GIRL. SWM, 25, looking for [illegible] who enjoys anime, television, [illegible] games, toys, old movies, fine art, [illegible] romantic dinners. 1579

STOCKING STUFFER, W/WM 50, THIN, FIT, handsome [illegible], NS, 5'8", 145 lbs., father of [illegible] financially secure. Intelligent, humorous, beautiful, thin F [illegible] Kids preferred. 1604

SWPM, 29, 6', 180 LBS., AVERAGE LOOKS, seeks attractive F for LTR. I like [illegible], hiking, and exploring the West Coast. Give me a call. 1603

LOOKING FOR MY GODDESS. 33 YO SWPM seeks big-hearted, sharp-minded Earth mother, best friend, partner [illegible] laughs [illegible] and romance. Where are you? 1610

SWM, 39, MINT CONDITION, FIT & [illegible] 5'10", financially secure, low maintenance. Would like to connect w/ an educated, independent, attractive SBF 35-45 for [illegible] of life. [illegible]

ESOTERIC SWM, DEGREE, FIT, [illegible] music, art interests seeks attractive, [illegible] SAF or SBF 25-45 for LTR.

[illegible] SYLVAN VEGETARIAN, 24, ARTIST, [illegible] professional male, before toxic [illegible] beauty, 18-32, to share love. 1654

SWM, 36, SLENDER, NEVER BEEN MARRIED, [illegible] haven't dated much. Hey ladies! What's [illegible] with this picture? I like camping, [illegible] and most important laughs! [illegible] for an attractive woman, 28-39.

[illegible] 30, FOUNTAIN OF SORROW SEEKS A [illegible] these hills before the deluge and [illegible] for the sky. 1557

SWPM, 47, 6', 180 LBS., CREATIVE TYPE W/ appreciation for the absurd. Smart, solvent, honest. Seeks smart, psychologically [illegible] SF to drive into the sunset with.

WHILE SUPPLIES LAST! Hugs & kisses [illegible] affection. SWM, 5'5", 135, [illegible] in need of love & affection. Ladies [illegible] help. Call today for prompt service. [illegible] area. 1563

GENUINE WEIRDO. SWM, 20, ISO SAME. Must want superficial happiness in all its glory. Let's party. Let's drink. Let's waste money. Let's [illegible] 1585

ADAM TO EVE: LET'S EAT THE FORBIDDEN fruit. Toss the gavel, [illegible] on the beach, swim in the creek, hike the trail, moonlight walks, talk of dreams. 1569

BORED IN BURLINGTON. Secure and successful SWPM, [illegible] and almost 40, seeks emotionally and physically fit (not tall) F and almost 30 [illegible] for romance and possible relationship. Local preferred. 1570

MEET YOUR LOVER! [illegible] Accomplished man seeks fun, slim PWF. If you're into outdoors, good food & wine, [illegible] planet, music, the country, let's meet. 1575

SWM, CARING, POSITIVE MAN SEEKS AMIABLE F for good conversation, perhaps more. I love fast, biking, running, photography, poetry, children, drawing, reading, philosophy, yard sales. NS, 5'9", 165 lbs., [illegible]

SWM, 26, 5'10", 165 LBS., GOOD-LOOKING, honest and trustworthy, seeks attractive F for friends or possible LTR. Must have sense of humor. 1506

ME: 38, NS, QUIET, SHY, PASSIONATE, SHY [illegible] afraid to believe in love. Looking for a woman to conquer my heart and [illegible] 1488

HAVE EVERYTHING YOU ARE. DWM, 40s, 5'9", 145 [illegible] engaging, open-minded, appealing, [illegible] youthful. Love outdoors, art, [illegible] sunsets, travel, photography, bad weather, crop circles, laughing. Seeking interesting, compassionate lover. 1503

SWPM, 34, ATHLETIC, ATTRACTIVE, OUTDOORSMAN, intelligent & responsible. I like running, hiking, biking, music [illegible] & doing other fun things w/ friends. I'm seeking [illegible] for LTR. Friends first. [illegible]

NICE GUY, 37, GOOD-LOOKING, STABLE, FUN. Likes music, bookshops, beach, hiking, [illegible] skiing, dancing. Take a chance! [illegible] 1548

SWM, 42, SEEKS A WOMAN WHO UNDERSTANDS [illegible] be the compliment it is, and [illegible] outdoorsy, [illegible] as well. Retired [illegible] especially welcome. 1509

BROWSE THE PERSONALS ON-LINE AT SEVENDAYSVT.COM

CAN YOU COME OUT AND PLAY? I CAN. Explore the ramifications of subtle energy [illegible] Let's do it now, there's never a [illegible] time. The millennium approacheth. I dare ya. 1511

SWM, 38, BURSTING WITH YULETIDE MISCHIEF seeks sassy, clever woman, 40+ who [illegible] Santa's "naughty" list, and required [illegible] holiday package be unwrapped by skilled hands. [illegible]

WANTED: DANCE PARTNER, 25-45, WHO IS witty, playful, loyal, honest, ambitious, likes the outdoors, country living and life's simple pleasures. I offer the same. 1521

DEPENDABLE, HONEST, LOYAL? Good-looking, hard-working WM [illegible] 5'7". I enjoy movies, music, snowboarding and eating out. ISO motivated, attractive WF 18-24, for friendship/LTR. 1525

COULD YOUR LUSCIOUS BATHS TO WARM [illegible] 1458

INTELLIGENT & HANDSOME, 30s, BLUE EYES, blondish [illegible] wheelchair. SO [illegible] who can also [illegible] 1465

GOOD-LOOKING SM, 26, ISO EDUCATED, romantic women for long talks and long nights. Let's go out and have fun. 1466

CHRISTMAS SPECIAL! EDUCATED FIT DBM, 34. [illegible] dancing, movies, poetry, cooking and [illegible] independent active, [illegible] woman for festive exploration of life. [illegible]

SELECTIVE, WITH A STRONG [illegible]. Authentic, handsome, successful, very fit, 45. ISO smart, beautiful F [illegible] adventuresome, fun [illegible] 1471

I AM A PUNJABI INDIAN DOING MY MBA IN hospitality [illegible] looking for friends. I am 24, 5'11". I am basically from Delhi. If you wanna know more, [illegible]

NO MORE BLIND DATES, PLEASE. There has got to be a better way to find one spacious, confident, sexy, 30-ish, woman who loves kids and may want to have more. This soon to be divorced Dad is a young 42 and is athletic, romantic and best of all, available. 1482

SWM LOOKING FOR COMPANIONSHIP WITH A SWF 35-45, who is passionate and compassionate to enjoy outdoor activities with and who also likes quiet times, candle light and romance. 1480

women seeking women

WGF 25, PUNK JOCK W/ DRY SENSE OF humor ISO my young [illegible] We're so different, but the same. You know who you are, now I'll find you. 1751

GWF ATTRACTIVE NWP. ENJOYS ADVENTURE, [illegible] horses, humor & more. Fun playful, mature femme [illegible] No bar scenes or drugs. 1527

NO CLOSER TO "DOROTHY" THAN TO "VENUS!" Somewhere in the seed beneath their boots or entirely from another planet. Either way, [illegible] SF [illegible]

men seeking men

GWM LOOKING FOR A 3RD, YOUNG, FIT GUY to join us in [illegible] fantasy [illegible] session. Safe & discreet, in Ctrl. VT. [illegible]

IT'S NEVER TOO LATE FOR ASKING SOMEONE out on a date. Happy Millennium, Guys. Don't remain distant when offered this chance, a date of your choice in this millennium. [illegible]

IN SHAPE, MIDDLE-AGE MALE, 45, 5'7", 150 lbs. Experienced [illegible] explores partner's limits, [illegible] "toy chest," role play, discipline, [illegible]

personal of the week

ELEGANT, YOUTHFUL POUILLY FUISSE — sweet, spicy with great legs and character — seeks zesty medium-bodied Zinfandel. Must have distinct individuality, be slightly fruity and retain stability once harvested. Vintage 1959-'69.

1769

Personal of the Week receives a gift certificate for a FREE *Day Hiker's Guide to VT* from

The Outdoor Gear Exchange
used • consignment • new
191 Bank St., Burlington
860-0190

and a $25 gift certificate to

THE DOG TEAM TAVERN
Dog Team Rd., Middlebury
388-7651

MARRIED WM, 5'9", BLONDE/BLUE, 200 LBS., looking for other BiWM, 18-33, must be thin, clean [illegible] I'm looking for a buddy friend to get together with [illegible]

LUDLOW AREA, BIM SEEKS OTHER BI MEN. [illegible] as long as clean & discreet. No drugs. [illegible]

SUBMISSIVE BOTTOM SEEKS RAUNCHY TOP with a lot of gas. 1709

SWM, 35, ENJOYS CONVERSATION, MOVIES, music, food, drink, great evenings at home [illegible] Woodstock/Rutland area. I'm open. [illegible]

ISO [illegible] GM INTO POTTERY LIVING in St. Albans area. [illegible]

SWM, STRAIGHT/BI-CURIOUS, 38, FIT, [illegible]

GWM ISO SAME. I'M 48, GOOD HEALTH, [illegible]

SWM, 30, COLLEGE-EDUCATED, WELL-CULTURED, New Orleans native [illegible] new in VT, seeking SM [illegible] college educated, 30+, for friendship, companionship and brotherly love. 1517

LATE 30s, WM, ACTIVE, IN SHAPE. I'm a regular guy seeking same, under 55 YO. Would like to meet some cool, normal, masculine guys to hang with. 1466

BIWM, 26, 5'9", 154 LBS., BROWN HAIR & eyes, straight-acting & masculine, in great physical shape. Seeking another BiWM, 20-35, for possible friendship and discreet adult fun times. 1526

CALLING [illegible] SOUL, CREATIVE, POSITIVE, male brother. Athletic vegan, 27, [illegible] into naughty role play. [illegible] 1512

LOVE WOMEN'S CLOTHES. MAN LOOKING FOR man who wants to dress up for the holidays. Heels, lingerie and long gowns. [illegible] champagne as we look good in our dresses. 1465

GWPM, 5'9", 154 LBS., 40S, ISO MASCULINE [illegible] romantic heart, 24-45. [illegible] include music, movies, traveling, outdoors and [illegible] Romance awaits. 1474

other

MARRIED WOMEN! [illegible] Kind, gentle, affectionate [illegible] Spend your nights, weekends with me. Private romance. [illegible]

MARRIED, EARLY 40S, ISO SEXY FULL-FIGURED [illegible]

SUBMISSIVE WM, 30, 6', 155 LBS. SEEKS [illegible] I will obey. 1755

SUBMISSIVE M, 30, 6', 165 LBS., LOOKING for an active dominant [illegible] light bondage and S&M. I need training in pleasing a woman. Can you teach me? 1766

WPMF & WPMM, EARLY-40S, ISO BM TO have fun. Must be discreet, clean & looking for adult enjoyment. We're both adults, no games. No monogamous entertainment, just safe fun. Call, you never know. [illegible]

HANDSOME WM, 40, 6', 185 LBS., WELL-built, dominant & macho, seeks slender, young submissive sissy-boy for discreet, intimate encounters. Any race. 1710

FIT WM, 42, LOOKING TO JOIN A LOVE TRIANGLE. [illegible] Toys OK. [illegible]

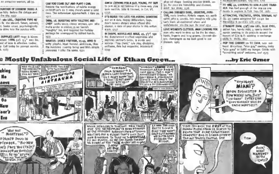
ATTRACTIVE, YOUTHFUL, OPEN, SENSUAL M/CU [illegible] seeks attractive BiF [illegible] for friendship & possible LTR. 1729

STRAIGHT SWM, 5'9", 160 LBS., BLUE EYES, auburn hair, handy man, [illegible] maintenance, seeking to do projects around the homes of CUs & F [illegible] seeking to exchange skills for thrills. [illegible]

POP THIS CHERRY [illegible] bi-curious "nice guy," seeking kinky "nice guys" to fulfill my hunger. Chicks with "something extra" welcome, too! 1575

The Mostly Unfabulous Social Life of Ethan Green...

...by Eric Orner


Taking No Leave On New Year's Eve
WHY DO I GET THE FEELING I'M BEING BLAMED FOR ALL THIS?
BECAUSE YOU ARE! IT'S YOUR FAULT
Thank you for flying AIRTRAUMA
"HOW ABOUT PALM SPRINGS?" I ASKED LAST FEBRUARY. "OH I DON'T KNOW," SAID ETHAN. "I GET KIND A BORED BY THE HEAT THERE."
"HOW ABOUT LONDON?" I PROPOSED [illegible] LAST APRIL. "OH I DON'T KNOW," SAID ETHAN. [illegible]
"HOW ABOUT MIAMI?" MOUN SUGGESTED A FEW WEEKS INTO JULY. "OH GOSH," ETHAN SAID, "BODY WORSHIP WAS SO EARLY NINETIES."
"WHY NOT MONTREAL?" PITCHED DOUG IN SEPTEMBER. "FOR NEW YEAR'S? ARE YOU CRAZY?" DEMANDED MY BOYFRIEND. "IT'LL BE 40° BELOW [illegible]"
WHICH BRINGS US TO THIS NEW YEAR'S EVE. ETHAN AND I'VE BEEN STRANDED AT THE [illegible] AIRPORT SINCE AFTERNOON WAITING FOR A FLIGHT THAT'S ONLY JUST NOW BOARDING TO TAKE US TO LOUISVILLE, OF ALL PLACES, SO WE CAN SPEND THE NEXT 48 HOURS AT THE "Y2K Rodeo all-night [illegible]"
IT WAS THE ONLY PARTY I COULD FIND THAT WASN'T SOLD OUT! ANYWAY WE GOTTA GOOD PRICE ON THE FLIGHT.
YEAH. BECAUSE THE REST OF THE HUMAN POPULATION IS SCARED TO DEATH THAT SOME CATACLYSMIC COMPUTER BUG IS GONNA SCREW UP THE AIR TRAFFIC CONTROL SYS
tem
BUCK? WHAT HAPPENED TO THE LIGHTS?

www.StonewallInn.com   eorner@beltatlantic.net

Eric Orner [illegible]

person to PERSON

to respond to a personal ad call 1-900-370-7127

we're open 24 hours a day! $1.99/minute. must be 18+

other, cont.

HANDSOME 34 SEEKS TRANSSEXUAL @ local area within radius of Plattsburgh & Burlington. Clean, happy fun from financially secure 37 YO. A [illegible] welcome. Will travel. Waiting. 1564

I AM LOOKING FOR SPECIAL F A LUST FOR LIFE. A passion for sensual and erotic. Being open and free. A thrill wearing silk and satin. 1588

SWM, 25, ATHLETIC BUILD, OPEN-MINDED, ISO same F, CU MoCU, 18 yo. for a safe, sane consensual casual relationship. Discretion is assured. NS/NS. 1574

ARE YOU OLDER & FEELING BOLDER? Try some young and dark chocolate seeking the older experience from an artful teacher. Discretion assured and expected. Call me! 1518

LOOKING FOR S/M/M/F FOR AN AMATEUR strip show. Must be clean, safe and [illegible]. 18-33. 1519

ME FROM PLANET ZURU, YOU MACHO WILLIE. Me wanna know you. You Zu at Me lick you mojoine. 1487

SWM, BI-CURIOUS, FIT, HEALTHY, ATTRACTIVE, 20, ISO CU or F's that and want to take this boy and see how much fun we can have. U never know until U try. 1482

MWF 32, BLONDE, GREEN EYES, LIVING W/ hot boyfriend (both very Fit). The islands are calling, but we survive (temporarily) in VT. SO fun Bi, Sexy WF to share our La Vida Loca. 1480

IN PRAISE OF OLDER MEN: WM, attractive, slim, 50s, gentle, non-assuming, enjoys theater, arts, Sunday moons. SO a wonderful lady or CU for adult fun & friendship. LTR possible. Slightly sub., bi are so fun ladies. 1473

just friends

TALK FRIENDSHIP: BAD WATER & STIR. Where the S. Burlington mall 'build ups' are blue. I will meet you. Think music. M, 50s, seeking SF 50s for friendship. Let's visit. 1581

MONTPELIER AREA PM, 40s, SEEKING FIT, equipped, adventurous M or F partner for back-country skiing along sections of Catamount and Long Trail, weekends and holidays this winter. 1467

i spy

DEAR KENNY: THIS IS [illegible]. Your message got cut off before your phone number could be recorded. Please call back and leave your phone number! I would love to talk to you. 505

TO MY ETERNAL PARTNER, TJ. Your ghost will always be my bed, in memory if not in life. I suffer from the absence of my soulmate. Bartender. 1797

LESLIE, MY LOVE FOR YOU IS INCREDIBLE. It has taken many years for us to finally find each other. Please open up your heart and come back to the man who will cherish you forever. 1754

ABIGAIL: ANON OR A YEAR-LIMPOO...TU AYEV [illegible] every week? We light mooning. I summered thank if I earn...want STILL — stunningly [illegible] on the park porch [illegible] the preferred shore. 1752

DESPERATELY SEEKING NURSE LISA. We met at AOL online. Your email is disconnected so I can't give you my number. Amherst @ meet and ski! Steve. 1758

AT FIRST NIGHT, YOU: COMPACT, EVOCATIVE, [illegible] a black. Me: which tells [illegible] Charlie Brown scarf. Exchanged glances with — your cute boyfriend — across the audience. [illegible] Cliffy sleep ever? 1760

HEY [illegible] HEY YOU... IF YOU CAN'T BELIEVE in anything, find someone who can and believe in them. I love you. Ain't life a streak? Me 1638

I SEE THE STAR FALL, DUSTLESS AND PANTING, both of the [illegible] of spin as marvel at the possibility of ever holding you again. [illegible] 1772

CINDY: I LOVE YOU TODAY. I WILL LOVE YOU tomorrow, and I will love you always. You have given me what no other woman has been able to give me, love & understanding. Give me a second chance. Love me. 1723

OUR EYES MET A LOT AT [illegible] HIGHLAND Weavers show. You said good-bye, [illegible]. Can't stop thinking about you. Would love to meet you. 5688

Maybe it's time you got out more.

SEVEN DAYS Winter Singles Party. See page 15 for details!

letters only

To respond to Letters Only ads: Seal your response in an envelope, write the # on the outside and place in another envelope with $5 for each response. Address to: PERSON TO PERSON c/o SEVEN DAYS, P.O. Box 1164, Burlington, VT 05402.

women seeking men

SAVVY 50S, COMPASSIONATE, FUNNY F seeking M inspired by social justice causes, [illegible] fair trade, art, hiking and conserving the planet's resources. Looking for romance and/or friend. Box 674

WARM, INTELLIGENT SWF SEEKING, 44, ISO S/SWM, 6'ish, early 50s w/ [illegible] "T" to make or [illegible]. Heard you're mine and [illegible] years. Want to test the theory? Box 675

WANTED! GOOD-HEARTED MAN. CTRL. VT lady, 50s, seeks M, NS, values flexibility, communication, easy going, sense of humor, enjoys antique shops, museums, quiet times. ISO soulmate. Will answer all. Box 676

LIBERAL, SLIM, FIT, A BIT JADED AND JUST 50s. Loves travel, fun and good books. My country nest in Ctrl. VT is emptying. Seeking by companionship and possible commitment. Box 668

ASIAN LADY 47, DIVORCED, SEEKS PM, 50-60s, for friendship, maybe more. Slim, healthy, likes cooking. Patience a must. Limited English. All letters answered. Thank you. Box 670

MISS YET PLAYFUL, PROF., EDUCATED, ever learning, [illegible] 50s YT woman desires partner to enjoy [illegible] of home, travel, laughter, outdoors, [illegible] — active 50s, NS, [illegible]. Box 663

SWF SEEKING AUTHENTIC CM, NOT AFRAID to seek and [illegible]. Aware of the world, both real, [illegible] and the impact of the days [illegible] playfulness [illegible]. Box 665

OK, I CAN LIVE ALONE HAPPILY ENOUGH, but where's the challenge? This [illegible] attractive graying 50 YO is ISO M w/ character, humor, warmth. If he can build a house, so much the better. I am willing to hang by his side. Box 658

LIBERAL, SPIRITUAL DWPF SEEKS, 40, seeks best friend for thoughtful conversations, long walks, good meals and general adventuring, possible LTR. Frugality and [illegible] self-esteem [illegible]. Box 659

SWF 75, GEMINI, BLOND/GREEN, 5'4, planted, sensitive, [illegible] employed. Want music, bands, dancing, dining out, [illegible] travel and [illegible]. Box 660

ATTENTION TALL TEDDY BEARS: DWF 42, Cancer/Sagittarius, 5'8", 148, blond/blue, BA, NS, offbeat, [illegible], creative, artistic, [illegible], musically eclectic, books, animals, movies, concerts, museums, dancing. ISO soulmate. Box 661

SWF, 52, LOVES SOCIABILITY, INTIMACY, solitude, art, theater, [illegible] woods, water, [illegible] books. [illegible] figure about 50 lbs. too ample for contemporary fashion? [illegible] Box 654

QUALITIES WORTH MORE THAN ANY AMOUNT of money from attractive, in shape PWF young 50s in exchange for financial security with special, warm, loving, intellectual man. [illegible] Box 650

men seeking women

SWM, 35, 5'8", NS, NA, VEGETARIAN AND [illegible] seeks [illegible] woman who is emotionally mature and ready to love and be loved. Ch [illegible] County. Box 673

HONESTY, HUMOR, DEPTH, AESTHETIC & social sensibilities, the natural world are some things I enjoy. Tell me what opens your heart. Intelligent, warm, sensual DWPM, 41, seeking friendship...LTR. Photo appreciated. Box 667

SKINNY SKINNY-DIPPER WANTED. Free to travel. ISO warm waters, the world — around and within. Must be ethical vegetarian w/ positive life force. NS/ND and no kids, yet. Box 669

ANYBODY KNOWS YOU CAN CONQUER ANY THING by the Tank of the moon. Seeking correspondence from those for whom dreams are the stuff of which lives are made... Laughter bewitches. Box 661

SWM, 29, CYCLIST/OUTDOOR PLAYER, poet/writer. Simply [illegible] sense of humor seeks intelligent, sensitive SWF 24-32 for sharing fun, charged, life-affirming moments — in friendship or beyond. Box 655

AQUARIUS! BEAUTIFUL [illegible] & GUTSY I [illegible] sure [illegible] a friend w/ big hugs! Handsome WM, 51, self-supportive, physically fit, [illegible] photo. Box 656

SEEKING SUBMISSIVE F [illegible] 5'5, [illegible] by [illegible] Lewis inspected w/ [illegible] loving [illegible]. Casual or LTR. Also dinners, moonlight walks, [illegible]. Box 657

VERMONT PASSIONER @ M, 45, SWM, LIVING [illegible] seeking [illegible] friendship and romance [illegible] affectionate [illegible] and companion. Let's share hopes and future dreams together. Box 652

MY TRACTOR IS SEXY: SWM, 49, 5'10", 170 lbs, fit, good looking, ambitious, hard-working, NS, ND, NA, [illegible] equipment, animals, hiking. Seeks attractive, fit, healthy, ambitious, sane F for LTR. Box 653

40 YO SPM @ DENIAL, ATHLETIC, MASTER of repression, self-centered, loner type w/ big heart ISO handy New Englander who loves starlight, chilly nights and contemplating life's sweet beauty. Box 650

women seeking women

SHY BUT OUTGOING GF — SPENDS THE days in family activities and the nights relaxing to movies, maybe cuddling — ISO GF w/ similar interests. Box 672

HAVE SO LONG I'VE WAITED [illegible] BEHIND MY locked door. Afraid to venture out. Wanting forever more. Afraid you'll not come. Perhaps my chance is [illegible] the way my [illegible] is tossed. GWF, 38, ISO companionship, possible LTR. Box 671

men seeking men

THE END IS NEAR SCARED? Don't be. Begin the groovy new century with this swinging GWM. Don't huddle over your camp stove and bottled water alone. Let's have some fun. Box 664

other

SWF, 50, QUEEN, TALL, ISO SWM MENTOR and friend. "Jay W." types, write. Help explore new found kink. Safe, sane, caring, discreet and clean. Letters first. Box 677

SWM, 22, ATTRACTIVE, HORNY KINKY ISO horny, kinky F 18-60, who likes to wear French maid uniforms, garter belts, sexy stockings, strap-ons for erotic adult fun. ISO answer all. Box 649

4 digit box numbers can be contacted either through voice mail or by letter. 3 digit box numbers can only be contacted by letter. Send letter along w/ $5 to PO Box 1164, Burlington, VT 05402.

LOVE IN CYBERSPACE POINT YOUR WEB BROWSER TO HTTP://WWW.SEVENDAYSVT.COM TO SUBMIT YOUR MESSAGE ON-LINE

Person to Person

YOUR AD

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Confidential information

WE NEED THIS TO RUN YOUR AD!

NAME____________________
ADDRESS____________________
CITY____________ STATE______
ZIP_______ PHONE____________

PLEASE, A VALID ADDRESS. AND PLEASE WRITE CLEARLY

*IF AD EXCEEDS 30 WORDS, SEND $2 PER EXTRA WORD.

[illegible]

30 WORDS FREE!*

How to place your FREE personal ad with Person to Person

FILL OUT THE FORM AND MAIL IT TO: PERSONALS, P.O. BOX 1164, BURLINGTON, VT 05402 OR FAX TO [illegible]. PLEASE CIRCLE APPROPRIATE CATEGORY BELOW. YOU WILL RECEIVE YOUR BOX # & PASSWORD BY MAIL. [illegible]

*FIRST 30 WORDS ARE FREE WITH PERSON TO PERSON. ADDITIONAL WORDS ARE $2 EACH EXTRA WORD.

*VOICE RETRIEVAL 24 HOURS A DAY. [illegible] WILL BE MAILED TO YOU WHEN YOU PLACE YOUR AD [illegible]

[illegible]

How to respond to a personal ad:

CHOOSE YOUR FAVORITE ADS AND NOTE THEIR BOX NUMBERS

*CALL 1-900-370-7127 FROM A TOUCH-TONE PHONE. [illegible] CALL 1-800-710-8727 TO CHARGE TO YOUR CREDIT CARD.

*FOLLOW THE VOICE PROMPTS. PUNCH IN THE 4-DIGIT BOX # OF THE AD YOU WISH TO RESPOND TO, OR YOU MAY BROWSE A SPECIFIC CATEGORY.

*CALLS COST $1.99 PER MINUTE. YOU MUST BE OVER 18 YEARS OLD.

*ADS IN LETTERS ONLY SECTION (3-DIGIT BOX #) CAN BE CONTACTED ONLY THROUGH THE MAIL. SEAL YOUR RESPONSE IN AN ENVELOPE, WRITE THE BOX # ON THE OUTSIDE AND PLACE IN ANOTHER ENVELOPE WITH $5 FOR EACH RESPONSE. ADDRESS TO: PERSONALS C/O P.O. BOX 1164, BURLINGTON, VT 05402

CIRCLE ONE

Four FREE weeks for:
WOMEN SEEKING MEN
MEN SEEKING WOMEN
WOMEN SEEKING WOMEN
MEN SEEKING MEN

Two FREE weeks for:
I SPY
JUST FRIENDS
OTHER

☐ CHECK HERE IF YOU'D PREFER LETTERS ONLY

JANUARY SALE!

Here's just a taste of what you'll find...

Freezer and dairy

Special savings!	OUR REGULAR LOW PRICE	SALE PRICE
ORGANIC VALLEY MOZZARELLA 8 OZ	$2 99	$2 59
STONYFIELD NON-FAT YOGURTS 8 OZ.	$ 89	$ 79
ALL ORGANIC VALLEY SHREDDED CHEESES 6 OZ	$3 79	$2 99
GARDENBURGERS · ALL VARIETIES 10 OZ	$3 99	2/$5 00
CASCADIAN FARMS FROZEN JUICE CONCENTRATES 12 OZ	$2 99	$2 59

Grocery

Our most popular grocery products are on sale!

NATURAL SEA CHUNK LIGHT TUNA 6 5 OZ.	$1 49	$ 99
BARBARA'S SHREDDED OATS & VANILLA ALMOND SHREDDED OATS 12 OZ	$2 79	$1 99
MUIR GLEN ORGANIC DICED TOMATOES 14 5 OZ	$1 49	$1 99
CANNED TOMATOES 28 OZ	$1 99	$1 49
BLUE SKY ORGANIC SODAS 6 PKS	$3 99	$2 99
BARBARA'S CHEESE PUFFS - REGULAR & JALAPEÑO 7 OZ.	$1 89	$ 99
VITASOY SOY DRINKS 32 OZ.	$2 19	$1 69
ARROWHEAD MILLS BUTTERMILK PANCAKE & WAFFLE MIX 2 LB.	$3 79	$2 59

Bulk

Take advantage of our lowest prices of the year in the bulk department!

ORGANIC LONG OR SHORT GRAIN BROWN RICE	$ 99/lb	$ 89/lb
ORGANIC GREEN SPLIT PEAS	$1 09/lb	$ 49/lb
ORGANIC GREEN LENTILS	$1 99/lb	$ 79/lb
ORGANIC BLACK TURTLE BEANS	$1 09/lb	$ 79/lb
ORGANIC FLAME RAISINS	$2 79/lb	$1 99/lb
ORGANIC ROLLED OATS	$ 69/lb	$ 49/lb
ORGANIC FLAX SEED	$1 09/lb	$ 69/lb

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